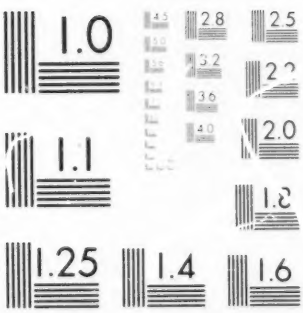

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ABSTRACT

This book is designed to help beginning and advanced students learn to play badminton in physical education classes, and to provide guidelines for the physical education instructor teaching badminton. It includes chapters on how to perform all the basic skills and advanced techniques, and provides a table which lists common errors and suggestions on how to correct them. A chapter on game strategy used in singles, doubles, and mixed doubles is included for both students and teachers. Practice drills and conditioning exercises to be used both in class and in team coaching situations are outlined. Information regarding history of the sport, equipment and its care, game rules, and scoring are included, along with a glossary of terms. A chapter on how to organize and conduct badminton classes and a battery of badminton skill tests which were constructed by the writer are also presented. A bibliography of seven books and three magazines and guides is appended. (Author/PB)

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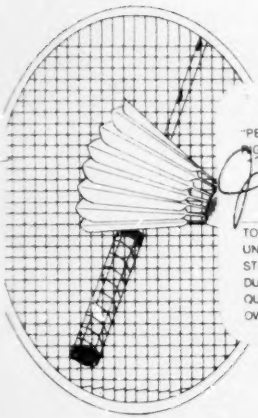

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The How To of Badminton from Player to Teacher

BY

VIRGINIA HICKS

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Preface

This book is designed to aid the beginning and the advanced student who wants to learn to play badminton in physical education classes and to provide guidelines for teaching badminton for the physical education teacher. It includes chapters on how to perform all of the basic skills and advanced techniques in badminton and provides a table which lists common errors and suggestions on how to correct these errors.

A chapter on game strategy used in singles, doubles and mixed doubles should be very helpful to both students and teachers of badminton.

Practice drills and conditioning exercises to be used in the class environment and the badminton team coaching situation are outlined. Information regarding history of the sport, equipment and its care, a glossary of terms, rules, and scoring are included in the book.

A chapter on how to organize and conduct badminton classes and also a battery of badminton skill tests which were constructed by the writer are unique to this book and should be of particular interest to the teacher or prospective teacher of badminton.

The writer hopes that this is a textbook which covers every phase of badminton which the student or teacher would need in order to play, teach, or coach this wonderful sport.

The writer wishes to thank the following people for their help with the book in many and varied ways.

To Dr. Dorothy Coleman who so graciously provided the foreward and helped me immeasurable with her comments and suggestions on the writing of the book.

To Nancye Hood for her excellent art work on the cover.

To Dr. Bettye Myers who gave valuable suggestions on the writing of the manuscript.

To Claire Sherwood for her help in the typing and proof reading of the book.

To Myrleen Kennedy and Katherine Magee for their help with the photography in the book.

Dedications

To my Mother, for her encouragement and support in helping me write this book.

To Micki, who sat patiently by my side throughout the writing of the book.

Forward

There are a number of badminton books available, but up until this time it has been very difficult to select one above the others since almost all are made up of the same old material.

The material presented in this book provides a very inclusive view of badminton in that it contains a balance of theory and practicability . . . information for the beginning and the advanced player . . . abundant information for both the experienced and inexperienced teacher.

Doctor Hicks has utilized her vast exposure as a nationally ranked badminton player in her exceptionally well written and simply stated account of how badminton should be played, taught, and enjoyed.

This book is a valuable guide for teachers and for individuals interested in improving their abilities in playing the game of badminton.

Doctor Dorothy M. Coleman
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Nature and History of the Game

Nature of the Game

Many benefits are connected with the game of badminton. It is fairly easy to develop enough skill to enjoy playing after a relatively short period of practice time. Badminton may be played indoors or out-of-doors and on many different surfaces, and many people have set-up courts in their yards by simply tying a rope or net to trees or poles, buying an inexpensive badminton set and then asking family, friends or neighbors to "play a game or two". The other extreme is a Thomas Cup match played in a country where badminton may be the "national" sport with 15,000 screaming, yelling spectators cheering for their favorite player.

Badminton may be learned at a very young age and continued to be played through-out one's life. Many of the top competitive players in the United States and the World are in the "over thirty" age group. It is an excellent sport to include in the school and college physical education program since it is easy to learn, relatively inexpensive, can be taught in co-ed classes, is good exercise, and a very enjoyable game to be played in class, out of class, and through-out one's life.

Although badminton singles, when played by experts, is considered to be the fastest court game in the word, the game of both singles and doubles may be slowed down to meet each individual's desires and capacities. Many people who start playing badminton as youths are still playing at the age of sixty or older. Many individuals start playing the games as adults and find it is an ideal sport to meet their need for exercise as well as various psychological needs such as the release of tensions that usually accompany physical activity.

History of Badminton

The game of badminton is not new. A simplified version of the game was played many years ago in China, where it was known as battledore. Badminton, as we know it today, was played in India under the name of Poona in the 1870's.

The game was brought to England around 1873 by British army officers who had seen it played in India. Badminton is believed to have received it's name from the Duke of Beaufort's country estate called "Badminton" where it was often played.

Badminton rules were standarized around 1887 by members of the Badminton Club of England. The rules were revised in 1895 by the newly formed Badminton Association of England. The rules of 1895 are the ones which govern the sport today, although minor changes are still made from time to time.

The return of the soldiers from World War I gave the first real impetus to badminton in the United States and Canada. The game was already well established in England, and many Canadian and American officers had become acquainted with the game in that country. The Canadian Badminton Association was founded in 1921, and the American Badminton Association had its beginning in 1936.

The American Badminton Association started its annual National Championships in 1937 and the Junior National Championships in 1947. Today there are many local, state, and intercollegiate tournaments held throughout the country for those desiring competition. These tournaments are for amateurs only.

European countries have held international matches since 1903, but international competitive badminton did not reach world-wide proportions until 1948-49. This was the year in which the Thomas Cup men's international competition, which is similiar to the Davis Cup in tennis, was first held. Six singles and three doubles matches are played. Thomas Cup competition is held every three years.

The Uber Cup Women's international competition was started in 1957. This Cup is named for a former English player, Mrs. H. S. Uber. Uber Cup competition is held every three years.

Although the United States has produced some outstanding players in the past, the top players at the present time come from Indonesia, Malaysia, and Thailand. Badminton is considered the national sport in these countries and they look upon their badminton champions as real sports heros.

Dr. David G. Freeman of the United States is thought of by many as being the most skilled badminton player of all time. Dr. Freeman maintained an amazing record of being unbeatened in singles play, including Thomas Cup matches, from 1939 until 1953 when he retired.

Miss Ethel Marshall and Mrs. Judy Delvin Hashman are two outstanding United States women players.

Miss Marshall was the United States singles champion from 1947 until 1953. She is also an outstanding doubles player and ranks high as one of the top United States doubles players at the present time.

Mrs. Hashman has won 31 United States national titles as well as 17 All-England titles and is considered one of the top women players of all time.

Women's Intercollegiate badminton has gained in popularity in the United States during recent years, perhaps more so than men's intercollegiate badminton. This up-surge on the women's part may be due to the fact that more women badminton coaches are found in the college and university ranks, whereas men tend to favor coaching the so called "major" sports. Many intercollegiate tournaments are held for both men and women throughout the United States at the present time, starting in the Fall months and continuing throughout the school year.

In 1970, intercollegiate badminton for women took a big leap forward with the inception of the National Intercollegiate Badminton Championships for Women sponsored by the Division for Girls and Women's Sports of the American Association for Health, Physical Education and Recreation. This is an annual event and the tournament is rotated throughout the country each year. The 1970 tournament was held at Newcomb College, Tulane University in New Orleans with Diane Hales of California Polytechnic College winning the singles title and Hester Hill and Judy Vose of Western Washington State College capturing the doubles championship. In 1971, when the tournament was held at the University of Philadelphia, Sue Annis of Arizona State was the singles winner, and Miss Annis and Linda Whitney of Arizona State were the doubles winners.

Needed Equipment and Its Care

2

Badminton equipment varies greatly in quality and cost. Equipment for school badminton classes can be obtained relatively inexpensively, while the cost of tournament badminton rackets and shuttlecocks can be fairly expensive. A point to keep in mind when buying equipment, regardless of its intended use, is that poorly made equipment, no matter how inexpensively it may be purchased, is expensive when it must be replaced after a short while.

I. Rackets

A. Frames

Most badminton rackets in use today have a wooden frame with a steel shaft, or they are made entirely of metal. Racket weighs vary, but the usual weight is between 3¾ and 5½ ounces. The lighter racket gives more speed in stroking, while a heavier racket provides the player with more power. Although it is important to have the weight of the racket appropriate to the strength and ability of the player, the most critical factor in buying equipment is to have a well balanced racket. Racket handles should be of a size which feels comfortable to the individuals using them. Handle sizes usually range from 3½ to 4½ inches in circumference. A perforated leather grip is considered more durable and gives a surer grip than any other material currently in use.

For the teacher who is just starting to teach badminton in her physical education classes, it would be advisable to purchase good steel badminton rackets. These rackets may cost more initially than a wooden frame racket, but they are much more durable and can be re-strung many times, whereas a cheap wooden frame cannot be re-strung in some instances and even the expensive wooden frames do not stand many re-stringings. See Figure 1

B. Strings

Both nylon and gut are used in stringing badminton rackets. Nylon strings wear well, but they do not possess the life and resilience of gut strings. Gut strings come in different gauges or thicknesses – 19-gauge is a heavy duty gut, 20-gauge is a good playing average, and 21-gauge is a light tournament weight. Nylon strings are advisable for school use because they last longer and are less expensive than gut strings.

II. Shuttlecocks

Three types of shuttlecocks are being used at this time. The nylon and plastic shuttlecocks are widely used in school badminton classes and for recreational purposes because they are more durable and therefore less expensive than feathered ones. Nylon shuttlecocks come in three speeds, fast, medium, and slow, and are thought to be better than plastic shuttles. The feathered shuttle, however, is

considered to have a truer flight than the nylon and is used exclusively for tournament play. Nylon shuttlecock prices range from approximately $5.00 to $5.75 per dozen, plastic shuttlecocks from $1.25 to $2.00 per dozen, and good feathered shuttlecocks from $7.25 to $9.50 per dozen. Feathered shuttlecocks have approximately 13 speeds which advance from 73 (slow) to 85 (fast) for indoor play and 110 grains for outdoor use. Shuttlecocks with pointed end feathers will go farther than those with rounded ends of the same weight. A 76-grain pointed end or a 79-grain rounded end shuttlecock is the average weight for most heated places. It should also be remembered that as room temperature becomes warmer the shuttlecock increases in speed.

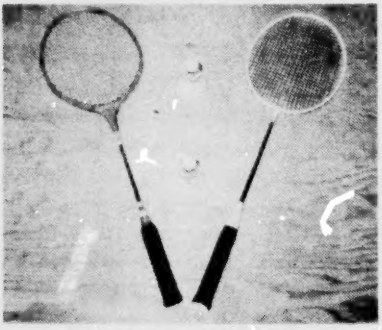


FIGURE 1 - Rackets and Shuttlecocks

III. Nets

Badminton nets are usually made of cotton twine with a white canvas top binding. A good net cost from approximately $6.50 to $10.00. Nets will last a long time if proper care is taken of them. Players should not lean on nets or strike them with their rackets as this will wear them out quickly. They should be stored in a dry place when not in use.

IV. Care of Equipment

Wooden badminton rackets should be placed in tight presses when not in use to prevent warping. Two points to remember when placing a racket in a press are – (1) insert it straight into the press and not at an angle, and (2) each corner screw should exert equal pressure against the racket in order to prevent its warping. Racket strings should be protected by a cover to prevent their deterioration.

Rackets may be stored in racks which are constructed to hold a dozen or so rackets. These racks are often placed on wheels for ease in moving into a gymnasium for class use. Another method of storing rackets is to place a bracket on a wall in the equipment room and have the players pick them up from there before they begin practice.

Placing a damp towel around a tube of feathered shuttlecocks will give them enough moisture to keep them from being dry and brittle and will prevent the feathers from breaking quickly during play. Nylon and plastic shuttlecocks should be stored in a dry, fairly cool place in order to preserve their shape and good condition.

Terminology

3

ABA – American Badminton Association.

ALLEY – Playing area on each side of the court 1½ feet wide between the doubles side line and the singles side line.

BACK ALLEY – An area 2½ feet deep between the doubles back service line and the baseline.

BACKHAND CLEAR – A high shot played on the left side of the body which goes deep into the back court.

BALK – An action which may be discerning to an opponent either before or during a serve. Also called a "feint".

BASELINE – A line designating the back boundary of the court.

CENTER POSITION – A place on the court to which the player returns after each shot.

CLEAR – A high shot which goes deep into the back court.

CROSS COURT – A stroke which is hit diagonally from one side of the court to the other.

DOUBLE HIT – The shuttle is hit twice in succession on the same stroke. A fault.

DRIVE – A low, fast shot that barely skims the net as it crosses over it.

DRIVE SERVE – A hard, fast serve which crosses the net with a flat trajectory. The shuttle is usually directed toward the receiver's left shoulder. A shot used in doubles play for the most part.

FAULT – Any violation of the rules.

FIRST SERVICE – This term is used in doubles to indicate that a team still has both of its serves.

FLICK – The shuttle is hit upward and forward with a quick snapping of the wrist.

FLICK SERVE – A serve with which the shuttlecock is sent into the back court with a quick uncocking of the wrist. Used in doubles if the receiver is consistently rushing your short serve.

GAME – A ladies singles game consist of 11 points; men's singles, ladies doubles, men's doubles and mixed doubles games consist of 15 points.

HALFCOURT SHOT – A shot, usually low, which goes to the middle of the opponent's court.

IBF – International Badminton Federation. The world governing body of badminton.

INNING – A sides serving turn.

IN SIDE – Side which is serving.

LET – Point is replayed.

LOVE – No score.

MATCH – Usually the best of three games.

MATCH POINT – The point which wins the match.

NET DROP SHOT – A shot in which the shuttlecock stays close to the top of the net as it crosses over it.

OUT SIDE – The side receiving the serve.

OVERHEAD CLEAR – A shot in which the shuttle is contacted above head height and travels high and deep into the back court.

OVERHEAD DROP SHOT – A softly hit overhead stroke which falls just over the net in the opponent's court.

PUSH SHOT – A shot hit gently down into the opponent's court.

ROUND-THE-HEAD SHOT – A stroke played on the left side of the body with a forehand hitting motion.

SECOND SERVICE – A term used to indicate that one partner has lost his serve but the other partner has a serve remaining.

SERVICE OVER – Loss of serve, service goes to opponent or opponents.

SETTING — Method of increasing the game points when the score is tied at 9 all or 10 all in women's singles play; 13 or 14 all in doubles play and men's singles play.

SHORT OR SHALLOW — A shot which does not go as deep into the court as the hitter intends — such as a clear which only goes to mid court or a serve that does not reach the short service line.

SMASH — A powerful overhead stroke which travels downward into the court. The principle attacking stroke.

Basic Skills

4

The following skills are considered ones that beginning badminton players can learn and attain a reasonable amount of proficiency preforming. The number of strokes taught in a beginning class will be dependent upon the amount of time allotted to the teaching as well as the skill of the individuals in the class.

If only a short unit is taught then the skills and strokes considered most important for the beginning player to know and use in a game would include the grips (forehand and backhand), footwork, high deep serve, short-low serve, forehand clear, backhand clear, and smash. Strokes to be added if time and skill permit are the forehand drive, backhand drive, overhead drop shot, and net drop shot.

GRIPS

The Forehand Grip. The forehand grip is used when hitting shots on the right side of the body. This grip is taken by first holding the racket shaft in your left hand with the racket face at a right angle to the floor. The right hand grips the racket with a V formed with the thumb and forefinger on the top plate of the handle. The fingers are spread slightly around the handle with the end of the racket at the heel of the hand or somewhat further up into the hand. The fingers and thumb should hold the racket firmly but not tightly, otherwise the wrist and forearm muscles become tense and rigid. The hand and wrist must remain firm but free and supple at all times so that the maximum speed and strength can be obtained when stroking. See Figure 2.

FIGURE 2 - Forehand Grip

The Backhand Grip. The backhand grip is used when hitting shots on the left side of the body. The backhand grip is accomplished by first taking the forehand grip and then letting the racket rotate slightly in the fingers so that the racket head turns away from the body. The thumb of the racket hand is placed diagonally

across and up the back of the handle. This placement of the thumb will give the player more power when hitting a backhand shot. As in the forehand grip, the fingers should be spread slightly around the handle. See Figure 3.

FIGURE 3 - Backhand Grip

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. Lack of power with forehand grip.	a. Racket held too tightly.	a. Spread fingers around handle.
	b. Lack of flexibility in wrist.	b. Have end of racket at heel of hand.
B. Lack of power with backhand grip.	a. Improper grip.	a. Place thumb up back of handle.
		b. Spread fingers around handle.

WAITING POSITION

It is extremely important in badminton to maintain an alert and "ready to move" waiting position. This position is one of facing the net, eyes on the shuttlecock at all times, knees slightly flexed, and the weight balanced on the front half of the feet so that you can move quickly in any direction demanded. See Figures 4 and 5.

FIGURE 4

FIGURE 5

WAITING POSITIONS

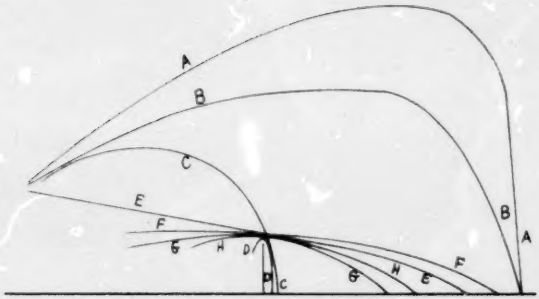


FIGURE 6 - Stroke Flight Patterns

A. DEFENSIVE CLEAR
B. ATTACKING CLEAR
C. OVERHEAD DROP-SHOT
D. HAIRPIN DROP SHOT
E. SMASH
F. DRIVE
G. HALF-COURT DRIVE
H. PUSH SHOT

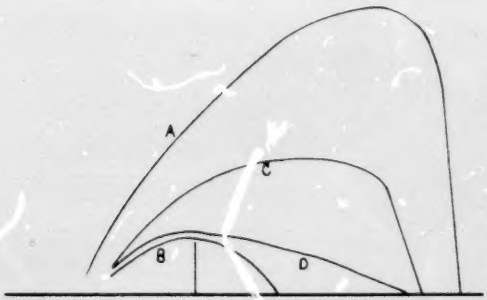


FIGURE 7 - Serve Flight Patterns

A. HIGH SINGLES SERVE
B. LOW DOUBLES SERVE
C. FLICK HIGH SERVE
D. DRIVE SERVE

SERVES

High-Deep Serve. The serve is an underhand hit which is used to put the shuttle into play. This is an important stroke for the beginning player to learn immediately since it serves as a set-up for practicing many strokes as well as being the stroke which puts the shuttle in play during a game.

The serve which is used most often in singles play is a high, deep shot. To be most effective the shuttle should fall as close to the baseline as possible, thereby lessening the possibility of an effective smash, overhead drop shot or deep clear which would be difficult for the server to reach and return with any degree of success. The serve should also attain enough height to descend in a perpendicular plane, as this results in a shuttle which is harder to time and hit solidly. The server, in singles play, should stand close to the center service line and approximately three feet behind the short service line. The serving stance is a forward stride position with the left foot forward and the feet far enough apart to allow for an

adequate backswing and follow-through without loss of balance or power. The shuttle is held lightly at its base by the thumb and forefinger. The hand holding the shuttle is extended straight out in front of the body around shoulder level. The arm swings back to approximately shoulder level on the backswing and the wrist is cocked allowing the racket to extend up toward the ceiling. It is very important to have a full wrist cock at the end of the backswing in order to get maximum power on the serve. The shuttle is now dropped and the weight is shifted to the forward foot as the arm swings down to contact the shuttle at approximately knee level. The follow through is high and directed toward the baseline. See Figure 8.

FIGURE 8 - HIGH-DEEP SERVE

Short-Low Serve. The short-low serve is the basic serve used in doubles, although it is occasionally used in singles play if the receiver is standing very deep in the court expecting a high deep serve. This serve is the basic doubles serve rather than the high serve used in singles because the doubles serving court is shorter than the singles service court and a high serve could not be served very deep and therefore would open up the definite possibility of a smash return. This serve should skim the top of the net and land as close to the short service line as possible. A foreward stride stance is taken with the left foot forward, although some players prefer to have the right foot forward on this serve. The shuttle should be held lightly in the left hand at shoulder level or slightly below this point. The backswing is relatively short-approximately waist level-since little power is needed on this stroke. The wrist is cocked at the end of the backswing and remains in this position throughout the forward swing as uncocking the wrist tends to give unnecessary power. The shuttle should be contacted at waist level and the follow through is slightly lower than the top of the net. The edge of the racket is parallel to the floor on the downswing since dropping the racket head down tends to make the hitter swing under the shuttle and lift it too high into the air. The shuttle must skim the top of the net as it passes over or the opponent will be able to quickly step in and smash your serve down into the court. See Figure 9.

FIGURE 9 - Short-Low Serve

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. High, Deep Serve		
1. Serve goes high but shallow	1. Shuttle contacted too close to body.	1. Contact shuttle in front of left foot.
2. Serve goes deep but not high enough.	2. Not enough wrist snap when contacting shuttle.	2. Cock wrist on back-swing and whip wrist into shuttle.
B. Short, Low Serve		
1. Missing shuttle.	1. Racket swung forward too soon.	1. Drop shuttle and then swing racket forward.
2. Shuttle hit too high.	2. Shuttle contacted too low. Racket comes under shuttle too much. Weight remains on back foot on follow through.	2. Contact shuttle at waist level. Keep shoulders level on follow through. Keep wrist cocked through-out swing. Lean toward net on follow through.

FOREHAND CLEAR

The development of a well executed forehand clear is considered essential for anyone desiring to become a good badminton player. It is usually one of the first strokes learned as it is one of the basic strokes in badminton and no good singles player is without a fine clear. The deep clear is used to force your opponent far back into the court, thereby opening up the possibility of a shallow return which can be smashed down into the court. This stroke requires much practice in order to acquire skill in executing because of the precise timing, power and co-ordination necessary to do the stroke well.

There are two types of forehand clears – the offensive and the defensive. The defensive clear is a high, deep shot directed toward the baseline, while the offensive clear is lower in trajectory but also goes deep into the court. The defensive clear is used when the hitter needs time to return to the center of the court, while the offensive clear is employed to keep pressure on your opponent by making him move more quickly to the shuttlecock.

In preparing to hit a clear, the right handed player has his left foot pointed toward the net and the right foot pointed toward the side lines. The left handed player should have his right foot pointed toward the net and the left foot pointed toward the side lines. The feet are in a forward stride position and wide enough apart to allow for a shift of weight without a loss of balance on the follow through. The backswing can be compared to that used in throwing a baseball. The body is rotated to the right allowing the arm to swing behind the back. The elbow is fully

flexed in order to get maximum power when hitting the shuttlecock. The wrist is cocked. Letting the racket extend down behind the body, ending with the racket head pointed toward the floor. The racket is now thrown toward the shuttle with the desirable contact point being slightly ahead of the body. The arm should be fully extended at the moment of contact with the shuttle, as this permits maximum power with less effort than is required if the contact point is low and the shuttle must be lifted and then sent into the back court. After contact with the shuttle is made, the racket should be directed up and toward the baseline. Contact the shuttle with a flat racket face in order to have a powerful hit. The body weight is shifted from the back foot to the front foot as the swing takes place so that the weight will be going in the desired direction. See Figure 10.

FIGURE 10 - Forehand Clear

CORRECTION CHART

Error	*Cause*	*Correction*
A. Shuttle goes high and shallow.	a. Shuttle contacted behind head. No wrist snap on forward swing.	a. Contact shuttle ahead of body. Throw racket head at shuttle.

BACKHAND CLEAR

The backhand clear is a shot which is executed from the left side of the body for the right handed player and the right side of the body for the left handed player. The backhand grip, with the thumb placed diagonally across and up the back of the handle, is used. The body is turned toward the left side lines and the right shoulder is pointed toward the net. At the conclusion of the backswing the right hand will be even with the left shoulder and the weight will be on the left foot. The elbow bends and is pointed at the oncoming shuttle. The wrist should be fully cocked back. The head is turned in the direction of the shuttle and the eyes should follow the flight of the shuttle at all times. The foreward swing and transfer of weight to the foreward foot must be timed so that the racket head will meet the shuttle in front of the right foot at the highest point you can comfortably reach.

A good backhand clear will go high and deep into the court. If it is shallow and too low it will be intercepted and hit down into the court by the opponent.

Backhand clears, if contacted deep in the court, are usually hit straight down the sideline as it is difficult to obtain the power necessary to send this shot high and deep cross-court to the opponent's backhand side.

Timing is very important on the backhand clear and a great amount of practice and patience is required in order to perfect your timing on this stroke. See Figure 11.

FIGURE 11 - Backhand Clear

CORRECTION CHART

Error	*Cause*	*Correction*
A. Lack of power.	a. Poor timing. Wrist snapped too soon. Shuttle contacted off back foot.	a. Time swing so that racket head reaches shuttle when it is over front foot. Shift weight from back to front foot as racket swings forward.

SMASH

The smash is considered the point winning shot in badminton. This is a powerfully hit overhead shot which travels downward into the court. The smash is a rather tiring stroke as it takes a great deal of power to execute correctly, therefore, it should not be over used. Rather, the smash should be employed when the shuttlecock is hit high and rather shallow into your side of the court and your opponent's chance of returning your smash are not too great.

The stance and backswing employed on the smash are the same as those used when doing a forehand clear or an overhead drop shot. The shuttle should be contacted as high as possible and further in front of the foreward foot than on the clear or overhead drop shot. The racket face will be angled slightly downward when contact is made with the shuttle in order to send it down into the court. Just before the racket face contacts the shuttle there is an unleashing of power from the extension of elbow, wrist, and shoulder joints. The follow through is down to the floor and in the direction you want the shuttle to go. Some advanced players jump into the air in order to meet the shuttle at the highest possible point and thereby get a sharper angle down into the court. Many beginning players miss the shuttle or have a bad hit when attempting to jump and hit as it requires precise timing on the players part. The average beginner usually smashes more effectively from a stationary position; they should, however, try to come up onto the front part of the foot when reaching for the shuttle on the smash in order to hit the shuttle as high as possible. See Figure 12.

FIGURE 12 Smash Stroke

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. Shuttle goes into the net.	a. Shuttle hit with bent arm. Poor aim on follow through.	a. Contact shuttle high with arm fully extended. Aim at spot on court where you want the shuttle to go and follow through to that spot.
B. Lack of power.	b. Not enough wrist snap. Lack of weight transfer.	b. Throw racket head at shuttle. Transfer weight to foreward foot on follow-through.

FOOTWORK

Good footwork is of vast importance in badminton. You must be able to get within reach of the shuttlecock to utilize the strokes you have developed through practice. An important point to remember in moving around the court is to keep your weight balanced at all times. This is necessary due to the fast starts and stops you must make on the badminton court.

A sideways sliding action is used when moving to the baseline. If moving to the right baseline to hit a shuttlecock in the right side of the court, turn the left side to the net and slide back with the right foot leading. The right foot is pointed toward the sideline and the left toward the net on the last slide taken. The weight is on the right foot and is shifted forward to the left foot as the stroke is executed.

When moving to the left baseline to hit a shuttlecock in the left side of the court, the right side is turned toward the net and the sliding steps are made with the left foot leading. Your goal should be to arrive at a spot behind the shuttlecock as quickly as possible in order to get set and be ready to shift the weight to the forward foot and contact the shuttle ahead of the body.

When moving to hit a shuttlecock which is going fairly directly behind you in the court, it is best to take small, quick steps directly backwards so that you will arrive at a spot behind the shuttle with the body facing the net.

FOREHAND DRIVE

The drive is a low, fast shot that barely skims the net. A forehand drive is taken on the right side of the body of the right handed player. The body is turned toward the sidelines with the left side turned toward the net. The feet are in a wide stride position with the toes pointed toward the sidelines. The arm is swung behind the body as though preparing to throw a baseball with a side arm motion. Flex the arm fully at both the elbow and wrist. Look over your left shoulder at the shuttle while preparing to hit the drive. Contact the shuttle slightly ahead of the left foot. (These directions are reversed for the left handed player). A powerful swing is needed in order to drive from deep in the court to a point deep in the opposite court. This power come from fully extending the wrist, elbow, and shoulder joints. As the racket is swung forward, the body weight is shifted from the back foot to the foreward foot. The desirable point to contact the shuttle is between waist and shoulder level. Hit the shuttle with a flat racket face. The follow through extends around the body to a point opposite the left shoulder. See Figure 13.

FIGURE 13 - Forehand Drive

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. Too little power.	a. Shuttle contacted behind body. Lack of weight transfer on follow through. Lack of body rotation on backswing.	a. Contact shuttle off foreward foot. Shift weight to foreward foot on follow through. Turn left side to net when preparing to hit shuttle.
B. Shuttle goes too high.	b. Shuttle contacted too low. Follow through too high.	b. Contact shuttle between waist and shoulder level. Follow through toward top of net.

BACKHAND DRIVE

The backhand drive may be described as being very similar to the forehand drive, but executed from the left side of the body of the right handed player. The backhand grip is employed with the thumb flat against the back bevel of the handle. The feet are in a wide stride position with the body facing the left side lines. The right shoulder is pointed toward the net. The racket is swung back to a point where the hand reaches the left shoulder. The elbow is bent and the wrist is cocked allowing the racket to extend across the shoulder. The weight is now on the back foot and the head is turned in the direction of the shuttle so that the eyes may constantly follow the shuttles flight. The right elbow is pointed at the shuttle. The foreward swing and transfer of weight to the foreward foot must be timed so that the racket head will contact the shuttle at a point slightly in front of the foreward foot. (These directions are reversed for the left handed player). In order to obtain the greatest amount of power with the least expenditure of effort, the shuttle should be contacted as high as possible. A shuttle which is contacted low will have to be lifted to clear the net and this takes additional effort on the part of the hitter. Lifting the shuttle too high on a drive also offers the opponent an opportunity to return your shot down into the court. Try to contact the shuttle between waist and shoulder height on the drive. See Figure 14.

FIGURE 14 - Backhand Drive

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. Too little power.	a. Shuttle contacted behind body. Lack of weight transfer on follow through. Lack of body rotation on backswing.	a. Contact shuttle off foreward foot. Shift weight to foreward foot on follow through. Turn left side to net when preparing to hit shuttle.
B. Shuttle goes too high.	b. Shuttle contacted too low. Follow through too high.	b. Contact shuttle between waist and shoulder level. Follow through toward top of net.

OVERHEAD DROP SHOT

The overhead drop shot has a slow flight through the air and drops down just over the net. The stance and backswing are identical to the ones employed in the overhead clear and smash. As in the clear and smash shots, you should reach for the shuttle and hit it at the highest point you can comfortable reach. Contact with the shuttle should be slightly ahead of the body at a point approximately above the toes of the foreward foot. The racket head is tilted slightly downward when the shuttle is hit. The arm continues down toward the floor with enough wrist flexion to bring the shuttle down just over the net. Caution must be taken not to flex the wrist too much on the follow through or the shuttle will not clear the net.

Since deception plays an important part in the effectiveness of strokes, it is important, therefore, that you make certain that your preparation for hitting the overhead drop shot is the same as that used when clearing or smashing. If your opponent can tell by your backswing and stance that an overhead drop shot is forthcoming they can quickly come to the net and return your shot with a smash. See Figure 15.

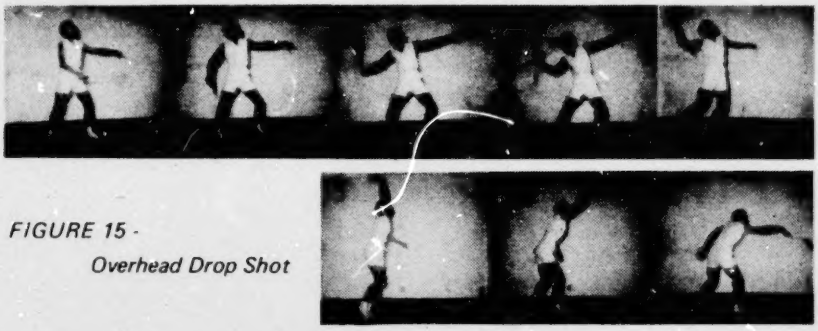


FIGURE 15 - Overhead Drop Shot

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. Shuttle goes too far out into court from net.	a. Lack of wrist rotation. Shuttle hit too hard. Arm does not continue its downward swing.	a. Rotate wrist downward when contacting shuttle. Learn to control power. Follow through down into court.
B. Shuttle goes into net.	b. Too much wrist rotation.	b. Follow through higher.
C. Lack of deception.	c. Very little backswing. No body rotation when preparing to hit shot.	c. Make backswing identical to that used when hitting clears or smashes. Rotate body on backswing.

NET DROP SHOT

Net drop shots are softly hit and should stay close to the top of the net as they pass over it.

There are two kinds of net drop shots. The first one is executed by catching the shuttle near to the top of the net and dropping it over very close to the net top. This type of net drop is used when the opponent is close to the net and ready to hit down on a high shot. The second kind of net drop is often called a hair pin drop shot. This stroke is executed by letting the shuttle drop lower to the floor and then lifting it higher in the air as it crosses the net so that it falls to the floor in a fairly perpendicular flight.

The hair pin drop may be used quite successfully if your opponent is in the back of the court and cannot smash your return down into the court. This shot is also effective if it is very close to the net in its downward flight as the opponent is often forced to lift the shuttle into the air when returning it.

When making a forehand net drop the left foot should be closer to the net and on the backhand shot the right foot is closer to the net. Net drop shots should be stroked with a gentle movement of the arm and very little wrist motion. See Figures 16 and 17.

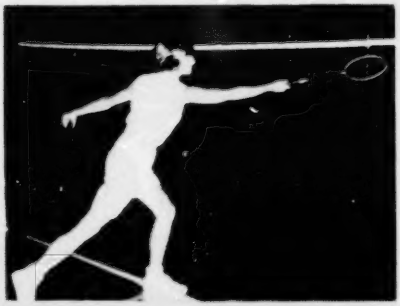


FIGURE 16 - Forehand Net Shot

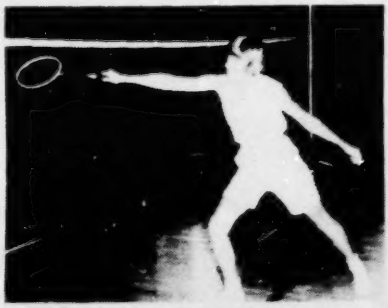


FIGURE 17 - Backhand Net Shot

CORRECTION CHART

Error	*Cause*	*Correction*
A. Shuttle goes too high when crossing net.	a. Too much wrist motion. Shuttle not stroked but jabbed at. Shuttle contacted too close to floor.	a. Follow through with an easy stroking motion. Contact shuttle as close to top of net as possible.

Advanced Techniques

5

ROUND-THE-HEAD

Round-the-Head strokes are played on the left side of the body for the right handed player and the right side of the body for the left handed player. A forehand hitting motion is used. The forehand grip, or a slight modification of this grip, is employed.

Body position assumed when making this stroke is similiar to that taken when hitting the forehand strokes, with several exceptions. The left foot is drawn back closer to the right when preparing to hit the shuttle. The body is facing the net with the knees slightly bent and the back arched. The arm swings the racket head around behind the head and the shuttle is contacted over the left shoulder at the highest point possible. At the moment of contact with the shuttle the weight is on the left foot and then shifted to the right foot on the follow through.

Round-the-head strokes include the clear, overhead drop shot, and smash. This stroke may also be used to intercept quickly and return a low clear to the left side of the player.

Many players prefer to use the round-the-head shot rather than a backhand whenever it is feasible to do so as this shot has several advantages over the backhand stroke. More power is usually obtained when executing a round-the-head clear or smash than when clearing or smashing with a backhand stroke. In addition, unless playing this shot when drawn out of position, you are facing the net after the follow through and can quickly return to the center of the court and assume a ready position for the next shot. See Figure 18.

FIGURE 18 - Round-the Head Shot

Round-the-head drop shots or smashes may be directed either down the line or cross court. Round-the-head clears are usually more effective if placed down the side lines rather than cross court as they have less distance to travel and therefore require less power.

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. Letting the shuttle fall too low before hitting it and driving it into the net.	A. Slow moving to shuttle.	A. Move quickly to get behind the shuttle so that it may be contacted at highest point possible.
B. Slow recovery to center court position.	B. Falling away from shuttle when hitting.	B. Transfer weight to foreward foot on follow through.

One important fact concerning this stroke should be kept in mind. It cannot replace the backhand stroke, particularly in doubles play, as many shots will have to be taken too low to execute an around-the-head stroke. Many players do not expend the time and effort necessary to develop a good backhand and try to rely on round-the-head shots too frequently when playing shots on the backhand side of the body. These players quite often find themselves in trouble as the result of their weak backhand shots.

NET SMASH

This shot is used, for the most part, in doubles play. Every good singles player, however, should be able to execute the net smash correctly. Any shuttle which is high and shallow is best returned with a quick, well-controlled smash into the opponent's court. The occasion to use this shot usually arises during play at the net when the opponent serves too high in attempting a low, short serve or when an overhead drop shot is too high as it crosses the net. Beginning players have a tendency to hit the net smash with uncontrolled speed and often strike the net on the follow through. This stroke requires touch and quickness rather than power.

CORRECTION CHART

Error	*Cause*	*Correction*
A. Hitting net on follow through.	a. Uncontrolled speed.	a. Learn to control speed of hit through practice.

FLICK SERVE

The flick serve is made with the same stance and backswing as that employed in the short serve. The shuttle is sent into the back court with a quick uncocking of the wrist. The shuttle should be hit high enough to clear the receiver's racket but not high enough to allow him time to go back and smash your serve.

This serve is often used in doubles if the receiver is leaning forward as you serve or consistently rushing your short serve. When used in doubles play the flick server should be directed toward the doubles sideline where it intersects with the doubles back service line and occasionally to the intersection of the doubles back service line and the center service line. If the flick serve is used in singles it should be hit toward the singles side line where it intersects with the back boundary line.

CORRECTION CHART

Error	*Cause*	*Correction*
A. Serve goes too high and shallow.	a. Lack of quick wrist snap when contacting shuttle.	a. Use quick wrist snap for power. Try to hit shuttle just over your opponent's racket.

DRIVE SERVE

The drive serve is one which all advanced players use occasionally in the hopes of catching the receiver off guard. This serve should not be over-used as the receiver, if expecting a drive, can quickly hit it back into the server's body or down into the sides of the forecourt or middle of the court. The drive serve is executed with the same stance and backswing as a short serve. Care must be taken to contact the shuttle below waist level so that it will be a legal serve. The desirable spot to direct the shuttle is toward the receiver's left shoulder.

CORRECTION CHART

Error	*Cause*	*Correction*
A. Lack of power.	a. Follow through not fast enough.	a. Get power from a fast wrist snap.

PUSH SHOT

The push shot is used almost exclusively in doubles and very seldom in singles play. It is usually employed when the low serve is slightly high and you are able to contact the shuttle above net level and push or hit it softly down into the opponent's court. If the opponents are playing in an up and back position when serving, the push can be directed down the sidelines and approximately half way back in the court where it will be difficult for either doubles opponent to reach.

CORRECTION CHART

Errors	*Causes*	*Corrections*
A. Shuttle hit out of court.	a. Shuttle hit too hard.	a. Learn to control speed of hit through practice.
B. Shuttle hit into net.	b. Shuttle hit below net level.	b. Move to shuttle quickly and contact it above net level.

Game Strategy

6

SINGLES PLAY

In order to become a good singles player several fundamental items must be considered. First, a mastery of the basic singles strokes; the defensive and attacking clears, the smash, the high deep serve, and the overhead drop shot, must be attained through long hours of practice. Second, the player must know under what circumstances each of these strokes should be used, in other words, sound strategy must be employed. Third, quick reflexes and stamia are needed, and, fourth, accuracy, variety and deception in shot-making are of vast importance. Every player cannot master all of these items, but an attempt to do so should be made by anyone desirous of becoming a competent badminton player.

The beginning badminton player would do well to use the clear, smash, and overhead drop shot to the best of their ability. Since the singles court is long and narrow, the players aim is to move the opponent up and back on the court. The clear, which moves the opponent back in the court, should be hit as near to the baseline as possible. The overhead drop shot should fall close to the net in order to move the opponent in to the forecourt, and the smash should be used if the opponent hits the shuttle high and shallow. The beginning player should be able to use the simple strategy of moving the opponent up and back on the court as well as smashing his high, shallow returns.

Advanced badminton players will also employ the clear, smash, and overhead drop shot but they should be able to use variations of each of these strokes as well as being much more skillful in their stroke execution. The advanced player should also be able to vary his serves as well as the placement of these serves. He should develop the ability to use the around-the-head stroke in place of the backhand, and an attacking clear which can replace the defensive clear if the situation calls for it.

Serving. When serving in singles the player should stand next to the center line and approximately 3 or 4 feet back of the short service line. After the serve, the player is then close to the center of the court and in a good position to move and hit a shuttle played to any point on the court.

The high, deep serve is the basic singles serve as it forces the receiver as far back in the court as possible and will give the server more time to prepare for the return as well as making the receiver work harder in moving back to execute an offensive return. To be most effective, this serve should fall straight down on the baseline as this flight of the shuttle is hard to time and therefore difficult to hit cleanly. The shuttle must be hit very high if it is to fall straight down on the baseline.

It is usually best to serve to the middle of the court as this lessens the angle of the return. An occasional serve to the corners may be employed, particularly when serving to the opponent's left or backhand court. See Figure 19.

The low serve is used occasionally in singles to throw the receiver off balance or if his receiving position is too far back in the court in expectation of a high, deep serve. Care should be taken in using this serve, however, since a fast moving receiver can move in quickly to push the return down the sideline and the server will then be in trouble.

Service returns. When returning the high serve to the baseline it is best to hit the shuttle down the line to the opponent's baseline. An occasional cross court clear may be effective if your opponent is anticipating a down the line clear and moving in that direction immediately after serving. It can also be used to move the opponent deep into their backhand corner to make the return stroke. This return cannot be used effectively by many players, however, as it requires much more power to execute than the down the line clear as the distance is quite a bit further.

If the high serve falls within the vicinity of the doubles back service line then several returns may be employed. A smash, overhead drop shot, or an attacking clear may be played either as down the line or cross court shots. The decision as to which of these strokes is used will depend upon your skill in executing each of them. Keep in mind however, that a variety of shots should be used and do not use the same shot over and over in a given situation or your opponent will begin to anticipate your returns and be ready for them.

Some players have weak backhands or round-the-head strokes, and, realizing this, will often move to defend the backhand corner after serving. The receiver may employ an offensive clear or cross court shot if he sees this happening.

DOUBLES PLAY

Doubles play in badminton is very fast with many long and exciting rallies between the participants. It is preferred by many players since it does not require the stamina of singles but has the challenge of learning to play with a team mate and the two of you attempting to win over your opponents by the use of your skill and strategy. Another advantage of playing with a partner is that the weakness of one player's strokes may be compensated for by the strengths of the other player's strokes. In other words, partners can cover each others weaknesses in various aspects of play. The beginning doubles players will employ the low serve, drive, smash, and net shots. The clear is also used in doubles but as it gives the opponents an opportunity to hit the shuttlecock down with frequent smashes it is usually employed as a defensive shot.

SYSTEMS OF DOUBLES PLAY

Side-by-Side. In this system of play the court is divided down the middle from the net to the baseline. The player in the right hand court plays all of the shots on his side of the court from front to back and the player in the left hand court is responsible for all shots on his side of the court. Shots down the middle of the court are played by the partner on the left side of the court so that they may be hit with a forehand stroke.

One disadvantage in this system of play is that one of the partners may be hit to consistently and run until he is exhausted. This is particularly true when

advanced players are participating as they can direct their shots more accurately than beginners and therefore hit to the weaker player much of the time. See Figure 20.

Up-and-Back. In this system of play, one player covers the forecourt while the partner covers the back court. The server follows his serve to the net and is ready to put away any returns to the net while his partner covers the back court. When receiving the serve, the partner who is served to follows his return in to the net and plays the forecourt while the other partner stays in the back court and covers all of this area. The up-and-back system is considered an offensive style of play but it is weak defensively. If the shuttle must be lifted into the air during play the opponents have the opportunity of smashing effectively down the sidelines. Another disadvantage lies in the fact that the back court player can be run from side to side unless he has the ability to control the play and keep this from happening consistently. This system is particularly effective if one of the partners is weaker than the other in the back court as the weaker one can play the net much of the time and hide this weakness. See Figure 21.

Combination of Systems. When using the combination system the up-and-back and side-by-side style of play is changed from one to the other depending upon whether the team is attacking or defending. This is considered a system for advanced players and is not recommended for beginners.

The partners will start off in the up-and-back position and remain so unless one of them lifts the shuttle into the air and they must go into a defensive position or the side-by-side system. When the attack is regained by the partners they may return to the up-and-back style of play.

When in the attacking position the partner playing the forecourt will have his central base just behind the intersection of the short service line and on the service line. The other partners central base is on the center service line and in a position where the back court can be covered.

MIXED DOUBLES

The system of play employed most effectively in mixed doubles by most partners is the up-and-back formation with the woman covering the net and the man in the back court. The woman player stands on the short service line when her partner serves and during play. If the woman is forced into the back court by a flick serve or to help her partner if he is in trouble, she should return to the net position once more as soon as possible since most women are not strong enough to play against the opposite man from the back court.

The woman plays all shuttles from the net back to the short service line while her partner covers the rest of the court. The most effective shots the woman can use in mixed doubles are the net drops and half court returns. These shots are most likely to force the opponents to lift the shuttle and thereby give her, or her partner, an opportunity to smash. The man will also use the net drop and half court returns but he will rely more on drives to force the opponents to give him a return he or his partner can hit down on.

The low serve is used most of the time in mixed doubles play although an occasional flick high serve will be used if your opponents are rushing your serves.

There are many possible returns of service to use in mixed doubles, but the net drop, half court shot and drive are regarded as being strategically sound. Knowing which return to use and when to use it will depend upon your opponent's skills as well as you and your partners ability. The main thing to remember when playing doubles is to try and use shots which will keep the shuttle low so that your opponents will not have an opportunity to smash your returns.

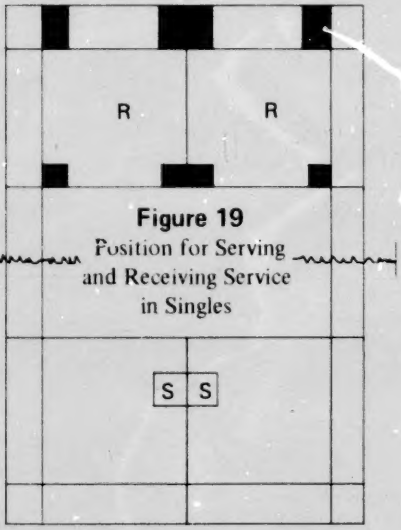


Figure 19
Position for Serving and Receiving Service in Singles

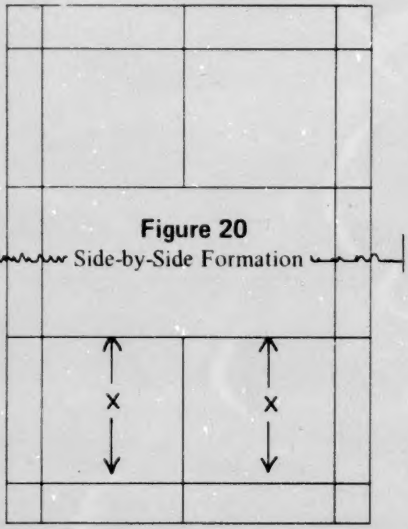


Figure 20
Side-by-Side Formation

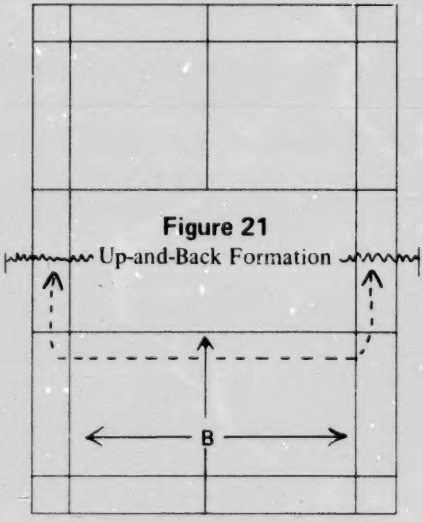


Figure 21
Up-and-Back Formation

Conditioning and Practice Drills

7

CONDITIONING AND PRACTICE DRILLS

There are four main elements which should be considered in a badminton conditioning program. These elements are (1) strength, (2) cardiovascular endurance, (3) flexibility, and (4) speed. These four factors all figure prominently in the development of ones bad minton playing ability.

Strength. Muscular strength is described as the muscles ability to contract against a resistance. Wrist, arm, and shoulder strength are of particular importance in hitting clears, smashes and full court drives. Abdominal strength is also a factor of importance when reaching for and executing clear and smash shots. Leg strength is needed for fast movements, quick starts, lunges, and jumps employed when playing badminton.

Exercises For Increasing Strength

A. Abdomen

Curl-ups. Start in a back lying position. Grasp hands behind the head, bend knees with heels on the floor. Come up to a sitting position. Touch right knee with left elbow. Return to starting position. Come up again and touch the left knee with the right elbow.

B. Legs and Hips

Start in a standing position with feet apart at a comfortable distance. Go down into a half-squat, keeping the weight on the toes and balls of the feet. Jump upward extending arms in the air. Jump as high as possible. This exercise may be done while holding weights on the shoulders.

C. Shoulders, Neck, and Chest

1. Lie face down. Turn head to the side and grasp hands behind the back. Pull the shoulder blades together using a smooth, even motion. Hold this position for a count of six, slowly return to starting position.

2. Modified push up. Start with knees on floor, legs stretched out behind you, arms extended straight down from shoulders. Lower chest halfway to floor and hold this position for a count of 3 seconds. Return to starting position.

3. Stand approximately at arm's length from the wall. Extend arms and place hands against wall. Move body toward the wall by bending the elbows only. Push body away from the wall to starting position.

D. Arms, Wrist, and Fingers

1. Finger push-ups. Modified push up position with most of the weight on the fingers rather than the palms of the hands when pushing up and down.

2. Squeeze a rubber ball as hard as possible. Repeat approximately 15 times a day.

3. Wall volleying. Stand six feet from a wall. Hit one hundred backhand and one hundred forehand drives against the wall as fast as possible.

Flexibility. The range of movement at various joints in the body is defined as flexibility. The importance of flexibility to the badminton player is seen in the fact that a flexible person will use less energy in playing and will also perform better due to a freedom of movement at various joints in the body.

Exercises For Increasing Flexibility

A. Trunk, Hips, and Pelvic Region

1. Back lying position. Bring right knee up to the chest and pull it toward the body until you feel a stretch in the muscles. Hold for 6 seconds. Return to starting position. Repeat with left knee. Do 10 times with each knee.

2. Sit on floor with legs extended straight out in front of the body. Bend forward from the waist and grasp ankles. Hold for 6 seconds. Return to starting position. Repeat 10 times.

3. Lie on left side with legs together and straight. Lift right leg up sideways about 24 inches. Repeat on other side. Do 10 times on each side.

B. Ankle Stretch

Stand about an arm's length from a wall with hands against the wall. Keep feet flat on the floor. Lean forward keeping the body straight. Elbows should be bent until you feel a stretch behind the knees and in the calves of the legs. Hold for 6 seconds. Return to starting position.

C. Arms, Neck, and Shoulders

1. Standing position. Grasp hands behind the neck. Fling elbows back and pull shoulder blades together. Repeat 10 times.

2. Arm Circles. Standing position. Extend arms sidewards at shoulder height. Make small circles backward with arms. Reverse direction. Repeat 15 times in each direction.

Speed. Speed may be described as the rapid movement of the body through space. These rapid movements apply to quick movements of the body through short distances such as we see in badminton play. The general consensus of opinion is that speed is an inherent quality and cannot be improved upon by the individual. There is evidence, however, that through the proper application of body mechanic principles, speed in running and making other rapid movements can be enhanced.

Exercises For Increasing Speed

A. Assume sprinter's position. Practice pushing off hard by extending the ankles and knees.

B. Assume sprinter's position. Interchange feet. Reach out and backward as far as possible with the legs. Do this at a fast tempo.

C. Stand on the baseline of the badminton court. Run to the short service line very fast. Stop quickly and return to the baseline with short, quick steps (back pedaling). Face the net at all times. Keep the body weight low and start and stop quickly. A variation of this drill is to have someone blow a whistle to indicate starts and stops at various spots between the baseline and short service line.

Cardiovascular Endurance. Endurance or stamina has been defined as the ability to continue movements involving many muscle groups at more than normal speed. Many factors, such as muscular strength and endurance, are important in developing stamina. The efficiency of the lungs, heart and circulatory system in supplying oxygen to muscle tissue and removing carbon dioxide and other waste products is of vital importance in obtaining cardiovascular endurance. The physiological adjustments necessary for this endurance come about through vigorous and exhausting exercise such as the running of wind sprints. Cardiovascular endurance is considered the most critical element a badminton player should possess.

Exercises For Increasing Cardiovascular Endurance

A. Wind Sprints. Run four fifty yard dashes with a 20 second rest between each run.

B. Distance Running. Run an 8 minute mile each day.

C. Rope Jumping.

PRACTICE DRILLS

Footwork Drill. This drill is designed to have the player practice moving quickly around the court in a manner similiar to the actual movements in a game situation. The starting point (X) is on the center service line approximately 12 feet from the net. The player runs to the intersection of the short service line and the right singles side line boundary (A), does an underhand stroking motion and returns to the starting point (X). Next, slide quickly to the intersection of the doubles back service line and the right singles side boundary line (B); do an overhand clear motion and return to the starting point (X). Move to the intersection of the doubles back service line and the left singles side boundary line (C); do a backhand clear or around-the-head stroking motion and return to the starting point (X). Run to the intersection of the short service line and the left singles side boundary line (D); do an underhand stroking motion. Return to the starting point (X) and begin the drill again. This drill may be done for a certain time period at maximum speed or for a certain number of times. See Figure 22.

SERVING DRILLS

High Singles Serve. If possible, have 10 or 12 shuttles to hit consecutively as this is desirable in developing rhythm and consistency in the serving stroke. Stand on the center service line approximately three feet from the short service line. Hit the shuttle high and try to make it fall in the right (A) and left (B) corners of the serving court and in the back alley. Later on, as you develop more skill, try to have the shuttle fall as close to the back boundary line as possible. Practice serving to both the left and right service courts. See Figure 23.

Short Service Drill. This drill can be done alone or with a partner. If done alone, the server stands beside the center service line, approximately 1 foot behind the short service line, and hits a low, short serve across the net into the left and right corners of the court. If this drill is done with a partner he may stand in the ready position for receiving a short serve and practice returning the serves with push shots down the line or a drop shot just across the net. See Figure 24.

Drive Drill. Driving drills can be executed in several ways. Two players may start off facing each other across the net and hit straight drives directly to one another as a warm-up drill. One player then hits straight forehand drives while the other player hits straight backhand drives. This procedure is then reversed. The players now hit cross court drives, forehand to forehand and backhand to backhand. Return to the center line after each stroke. Keep the shuttle low so that a clear or smash is not hit while doing this drill. See Figure 25.

Smash Drill. This is necessarily a partner drill. One partner (A) will set the shuttle up at smashing height and approximately three-fourths the length of the court in depth. The other partner (B) will stand about 10 feet from the net, move to the set-up, and smash the shuttle to various spots on the court. See Figure 26.

Smash, Drop and Underhand Clear Drill. As in the smash and drop shot drill, one partner (A) will begin the drill with a set-up suitable for smashing. The other partner (B) will smash the shuttle. Partner A will then pick the smashed shuttle up and drop it back just over the net. Partner B will then start the drill again with an underhand clear for Partner A to smash. See Figure 27.

Clear and Drop Shot Drills.

1. Partner A executes a high, deep serve. Partner B returns the serve with a clear down the side line. Partner A returns B's clear with a clear down the side line. See Figure 28.
2. Partner A hits a high, deep serve. Partner B returns the serve with a clear down the side line. Partner A returns B's clear with an overhead drop shot either down the line or cross court. See Figure 29.
3. Partner A serves high and deep. Partner B returns the serve with an overhead drop shot either down the line or cross court. Partner A returns the drop shot with an underhand clear directed toward the baseline. See Figure 30.

When practicing the above drills, it is important for both partners to return to the center of the court after each stroke so that the drill will be as near a game situation as is possible. Try to make each shot the very best you can so that the drill will help perfect your strokes as well as help establish the habit of mixing up various shots.

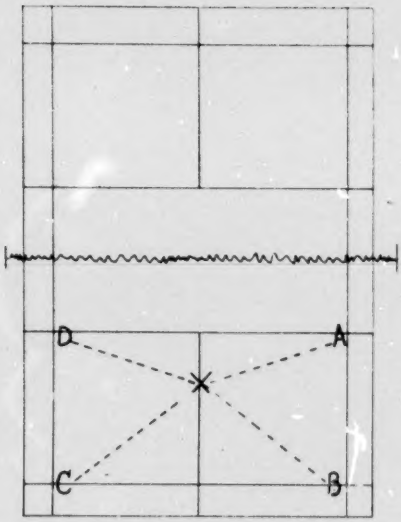


Figure 22
Footwork Drill

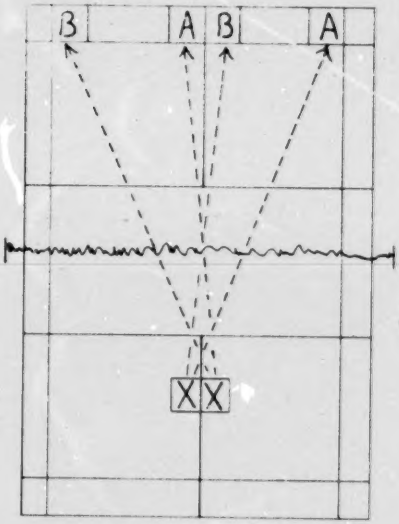


Figure 23
High Singles Serve

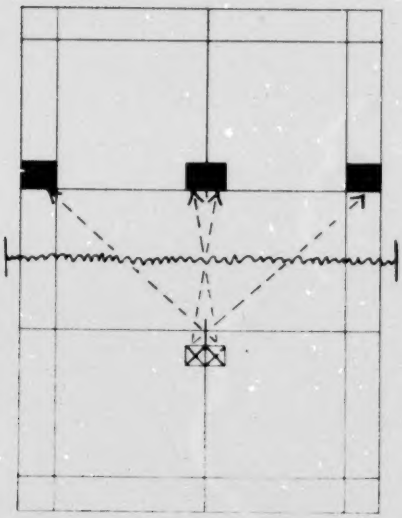


Figure 24
Short Service Drill

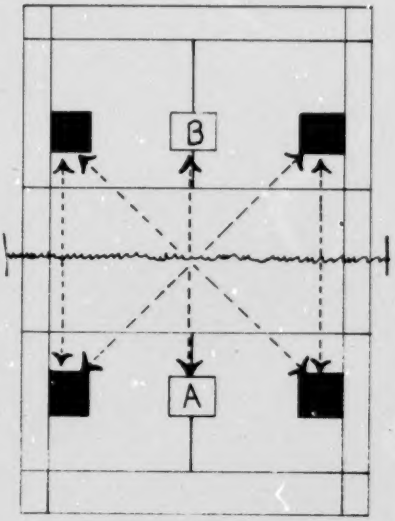


Figure 25
Drive Drill

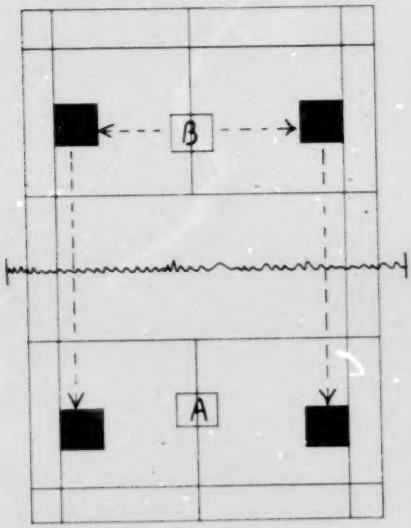


Figure 26
Smash Drill

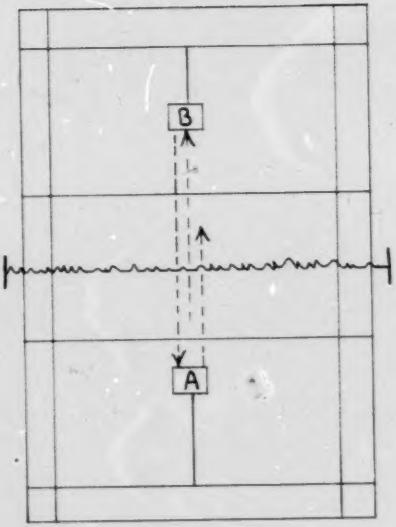


Figure 27
Smash, Drop and Underhand Clear Drill

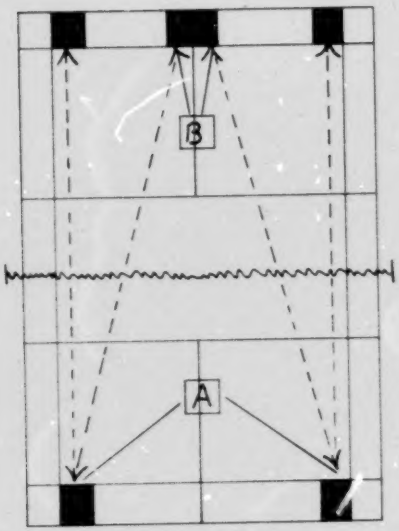


Figure 28
Clear and Drop Shot Drill (No. 1)

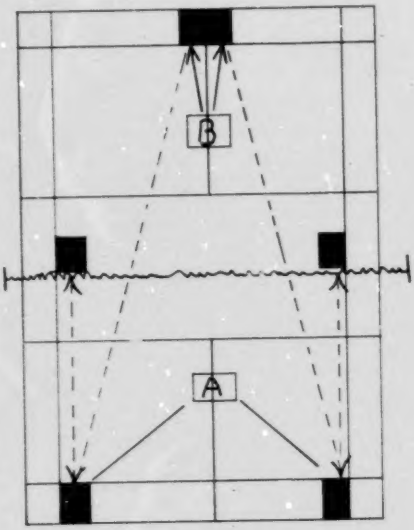


Figure 29
Clear and Drop Shot Drill (No. 2)

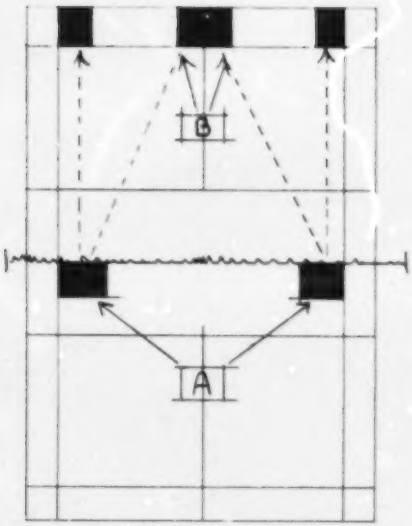


Figure 30
Clear and Drop Shot Drill
(No. 3)

Suggestions on How to Organize and Conduct Badminton Classes

8

There are many teaching methods for badminton as is true of any subject being taught. Theories differ as to what strokes or skills should be included in a beginning course; how much class time to spend developing good strokes; the amount of time to spend in playing games and how much time to spend on skill testing. I suppose, in the final analysis, all of the before mentioned items will depend upon each individual teacher's philosophy regarding the goals to be obtained and the best way to reach those goals. The theories of teaching presented here have evolved from many years of teaching badminton by the writer. It is the writer's hope that the following material may be of help, in particular, to the beginning badminton teacher as an attempt is made to offer some guidelines on how to organize a beginning badminton class.

A point to keep in mind when planning a course in badminton is that we want students to enjoy the game of badminton, and in order for them to gain satisfaction from playing the sport they need a certain amount of skill. Therefore, time must be spent developing basic strokes and elementary strategy and then the student should use this material to the best of his ability in a game situation.

The first stroke to be taught is the underhand hit or clear, since this is the easiest way the shuttlecock can be put into play by the beginning player. This stroke is also the high singles serve when the students begin playing games. If wall space is available it is invaluable for practicing the underhand hit as the student can progress at his own speed without slowing another player down and the teacher can easily move around the room helping those players who may have trouble executing this stroke. The wall practice is also a fast method of practicing since many strokes can be hit in a short period of time.

A simple footwork drill for moving up and back in the court (moving backwards is the most difficult way to move on a badminton court) can be taught on the first day the class is dressed to play. This drill is explained in Chapter 7. Since moving to the shuttlecock is one of the most important elements in playing badminton, as well as one of the most difficult, it should be taught as soon as possible and practiced each class period.

The forehand and backhand clears are taught as soon as the players are able to execute the underhand hit. Most players have trouble hitting strokes on the backhand side of the body. Therefore, if they can be taught to hit backhands at the same time the forehand stroke is taught then perhaps the tendency to make every shot a forehand can be overcome to some extent.

The next stroke to be taught is the smash. Since the smash is considered the primary point winning shot it should be taught early in the course so that the

players will become accustomed to using it when the shuttlecock is hit high and shallow rather than acquiring the habit of clearing such shots.

The high, deep singles serve is next taught to a class. By this time the players will be somewhat proficient in the underhand hit so the emphasis is now on converting this hit into a singles serve by hitting diagonally across the court from a position approximately four feet behind the short service line into the opposite court. This is also the time to explain the rules pertaining to serving so that students understand why certain points, such as hitting the shuttlecock below waist level, are emphasized. .

Although the overhead drop shot is considered a stroke for intermediate players to learn, because of its difficulty, it can be taught to beginning players also. Most beginning players do not clear extremely deep into the court so the overhead drop shot will be done from perhaps mid-court which makes it considerably easier to do. Although mid-court is an area from which the player should smash, the beginning player could learn to mix over head drop shots with smashes from this area, and, if well directed away from the opponent this shot can also be a point winner.

The rules and scoring should be taught when the students have attained a degree of skill doing the basic strokes which you, as a teacher, consider adequate enough for them to play games against each other. One way of teaching the rules is in conjunction with a demonstration of a singles game by two well skilled players if possible. If it is impossible to find skilled people to play for the class then a film showing good players playing the game can perhaps be viewed.

I like to have students play singles for a while before introducing the doubles games for several reasons. My foremost reason is that I have found in most badminton classes that when doubles are played and one player is better than her partner, or more aggressive, the better player hits three-fourths or more of the shots and she gets better and her partner does not improve nor does she enjoy the game. In singles a player gets to hit the shuttlecock more times, usually, and therefore his strokes should improve faster than they would in doubles play. Also, the singles player has the opportunity to learn how to move around the court and, hopefully, to improve his ability to move which may not be true in doubles play on the beginning skill level.

After students have played singles games long enough to know the rules and develop some elementary strategy, then many times interest is aroused or kept alive by having a class tournament. One way of setting up a tournament is to divide the class into leagues, according to their playing ability, and have them play a round-robin tournament within each league. The teacher usually has a good idea of the student's playing ability after several days (depending on the class size of course) of watching them play singles games and can therefore place them in a league with students of like ability. Approximately 8 to 10 minutes should be spent practicing the various strokes as well as footwork practice in the form of a footwork drill before tournament play is started each day. If all of the tournament games are completed before the class time is over then the remaining time may be spent in playing doubles games.

If the teacher wishes to devote some of the class time on skill testing then a test can be given after the semester is approximately ½ or 2/3 completed with another test at the end of the semester. The first test can be well used as a teaching device and the final test can be used to judge the amount of skill improvement which has taken place. A written examination on rules, strategy, and stroke production can be given several weeks before the semester ends or at the end of the semester depending on how you wish to use the results. If used as a learning device then the test should be given perhaps ½ or 2/3 of the way into the semester. If used strictly as a grading device, then the test can be given the last day the class meets.

ORDER OF PRESENTATION OF MATERIAL TO CLASS

The following outline is designed for a beginning badminton course of thirty-five days in length with each class meeting consisting of approximately thirty-five minutes of playing time. This course can be increased or decreased by lengthening or shortening the amount of practice time devoted either to the various skills or to the amount of game playing time, or both.

1st day. Nature of the game, history, outstanding players, types of tournaments.

2nd day. Grips – forehand and backhand. Hitting stances. Underhand hit. Wall volley practice if possible. Up and back footwork drill.

3rd day. Practice underhand hit. Introduce and practice forehand and backhand clears. Practice footwork drill.

4th day. Practice underhand hit; forehand and backhand clears, and the footwork drill. Introduce and practice the smash shot.

5th day. Practice footwork drill, forehand and backhand clears, and smash shot.

6th day. Practice footwork drill, forehand and backhand clears, and smash shot. Introduce and practice the high, deep singles serve and explain serving rules.

7th day. Practice footwork drill and all of the strokes previously learned. Introduce and practice the overhead drop shot.

8th day. Practice footwork drill and all strokes previously learned. Practice placement of high, deep singles serve.

9th day. Practice footwork drill and all strokes previously learned. Explain scoring and rules for singles play.

10th day. Practice footwork drill and all strokes previously learned. Have demonstration or film of skilled performers playing singles.

11th day. Practice footwork drill and strokes previously learned. Short test on singles rules, scoring and court boundaries.

12th day. Practice footwork drill and all strokes for approximately 12 minutes. Play singles games.

13th day. Same as 12th day.

14th day. Same as 13th day.

15th day. Same as 14th day.

16th day. Practice all strokes for 8-10 minutes. Introduce and practice short doubles serve. Explain scoring and rules for doubles play.
17th day. Practice all strokes for 8-10 minutes. Review and practice short doubles serve. Have demonstration or film of skilled performers playing doubles.
18th day. Practice all strokes for 8-10 minutes. Review rules for doubles play. Play doubles game.
19th day. Play doubles games.
20th day. Play doubles games.
21st day. Begin singles round-robin tournament. Have class members practice strokes 8-10 minutes before beginning tournament play.
22nd day. Continue singles round-robin tournament and doubles play.
23rd day. Continue singles round-robin tournament and give skill test on clear stroke.
24th day. Continue singles round-robin tournament and continue testing on clear stroke.
25th day. Continue singles round-robin tournament and finish clear stroke testing if necessary.
26th day. Continue singles round-robin tournament and doubles play.
27th day. Continue singles round-robin tournament and doubles play.
28th day. Continue singles round-robin tournament and doubles play.
29th day. Continue singles round-robin tournament and doubles play.
30th day. Continue singles round-robin tournament and doubles play.
31st day. Skill test – clear test. Those not being tested play doubles games.
32nd day. Skill test on clear. Doubles play for those not being tested.
33rd day. Finish skill testing if necessary. Doubles play continues.
34th day. Continue doubles and singles play.
35th day. Written examination.

I. How to conduct class tournaments

There are several different types of tournaments in existence, but before determining which kind to use in a given situation the following factors should be considered. (1) Number of participants, (2) Amount of playing time available, (3) Number of courts available.

Two of the best types of tournaments for class use are the round-robin and ladder tournaments. These two types of tournaments insure each class members' participation during the entire length of the tournament, whereas other types eliminate many participants immediately.

A. Round-Robin Tournament

In this type of tournament each team plays every other team one time. In a class situation of individual sports such as badminton, a fairly large class may be divided into leagues with everyone playing the other people in their league. Generally, leagues are restricted to eight teams with ten as a maximum. When drawing up a schedule for round-robin play the following should be done. (1) Give each entry a number. (2) Keep number one always in the same position on the schedule and rotate the other numbers in a counter clockwise manner.

In order to determine the number of games to be played in a round-robin schedule the following formula may be applied.

[N (N-1)] ÷ 2. N represented the number of entries.

An eight team league would play 8 x 7 or 56 divided by 2, which means 28 games to be played.

The following is an example of a round-robin schedule with eight teams entered.

Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
1-8	1-7	1-6	1-5	1-4	1-3	1-2
2-7	8-6	7-5	6-4	5-3	4-2	3-8
3-6	2-5	8-4	7-3	6-2	5-8	4-7
4-5	3-4	2-3	8-2	7-8	6-7	5-6

When there is an odd number of entries in the schedule a bye is inserted in the columns in the position held by number one in the foregoing example. The bye now stays stationary with the other teams rotating in a counter-clockwise direction.

An example of a round-robin schedule with seven teams entered is as follows.

Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
bye-7	bye-6	bye-5	bye-4	bye-3	bye-2	bye-1
1-6	7-5	6-4	5-3	4-2	3-1	2-7
2-5	1-4	7-3	6-2	5-1	4-7	3-6
3-4	2-3	1-2	7-1	6-7	5-6	4-5

B. Ladder Tournament

When setting up a ladder tournament the entries are placed in position by their ability or by lot. Two basic rules of this type tournament are: (1) A player may challenge another player either one or two positions above him on the ladder. If the challenger wins, he changes places on the ladder with the person he has defeated. (2) When a player is challenged he must play this contest before he can challenge any entry above his position.

The following is an example of a Ladder Tournament:

BADMINTON

1. Mary Smith
2. Sue Brown
3. Betty Doe
4.
5.
6.
7.
8.
9.
10.

Skill Tests

9

The following battery of five badminton skill tests were developed by the author as a means of providing a valid and reliable measurement of a player's ability to execute the clear stroke, smash stroke, overhead drop shot, and ability to move quickly and efficiently on the badminton court. An additional test in this battery, the strategy test, is designed to determine a player's general ability to decide upon and then execute the appropriate stroke in a given situation.

The clear, smash and footwork tests are suggested for beginning badminton classes, while the overhead drop shot and strategy tests are considered tests for intermediate or advanced players.

Although skill testing may be considered by some as taking too much time away from actual play, it is still recognized as a valuable means of determining a player's ability. If the teacher plans carefully, she can skill test students while the remainder of the class is practicing or playing games, therefore, no one student will spend a great amount of time being tested. The average time necessary for a student to take any one of the stroke or strategy tests is approximately 3 minutes, while the footwork test takes 1½ minutes of actual testing time with two 5 minute rest periods in between tests.

CLEAR TEST[1]

1. PURPOSE

   To test a player's ability to move to the shuttlecock quickly and successfully execute a clear shot.

2. EQUIPMENT
   a. Ten new feathered, corktipped, indoor badminton shuttlecocks.
   b. A clothesline rope stretched across the court 11'6" from the net and parallel to it, at a height of 8'3" from the floor on the examiner's side of the net.

3. FLOOR MARKINGS
   a. A mark on the center service line on the subject's side of the net, 10'6" from the net.
   b. A line drawn 13'6" from the net between the singles side boundary line on the subject's side of the net.
   c. A line drawn 13'6" from the net and parallel to it on the examiner's side of the net.
   d. A line drawn 16'6" from the net and parallel to it on the examiner's side of the net.

[1]Joanna Virginia Hicks, "The Construction and Evaluation of a Battery of Five Badminton Skill Tests," Unpublished Doctor's dissertation, Texas Woman's University, 1967.

4. TESTING PROCEDURE

The player being tested stands in the court opposite the examiner on the center service line 10'6" from the net. The examiner stands on the intersection of the short service line and the center service line, on the same side of the net as the target areas. The set-up hit by the examiner must be high and go into an area beginning 13'6" from the net and extending to the baseline, between the singles side boundary lines. The examiner should hit to the left, the right or the middle of the court in a random order. The player attempts to send the shuttlecock by means of a clear stroke above the rope so that it lands in the target area. The examiner should call out the score to an assistant to record after each trial. This same assistant can determine if the shuttlecock goes over, under or hits the rope. Twenty trials are administered.

5. SCORING RULES

a. A shuttlecock which hits the rope does not count, and another trial is allowed.
b. A shuttlecock which lands on a line dividing two scoring areas receives the score of the higher area.
c. A score of zero is given for any trial failing to go over the rope.
d. A score of zero is given for attempting to hit the shuttlecock and missing it.
e. A score of zero is given if the shuttlecock does not land in the court in the space behind the rope and on the target.
f. A shuttlecock which lands in area A, between the rope and 13'6" from the net, counts 1 point.
g. A shuttlecock which lands in area B, 13'6" to 16'6' from the net, counts 3 points.
h. A shuttlecock which lands in area C, 16'6" to 19'6" from the net, counts 4 points.
i. A shuttlecock which lands in area D, in the back alley, counts 5 points.
j. A score of zero is given for any shuttlecock landing in the side alleys.
k. If the examiner determines that a set-up is not adequate, it does not count as a trial.
l. A score of zero is given if no attempt is made by the player to hit a valid set-up.
m. A score of 100 is possible on this test. See Figure 31.

SMASH TEST[1]

1. PURPOSE

To test a player's ability to move to the shuttlecock quickly and successfully execute a smash shot.

2. EQUIPMENT

a. Ten new feathered, corktipped, indoor badminton shuttlecocks.
b. A clothesline rope stretched 36" directly above and parallel to the top of the net.

[1]Ibid.

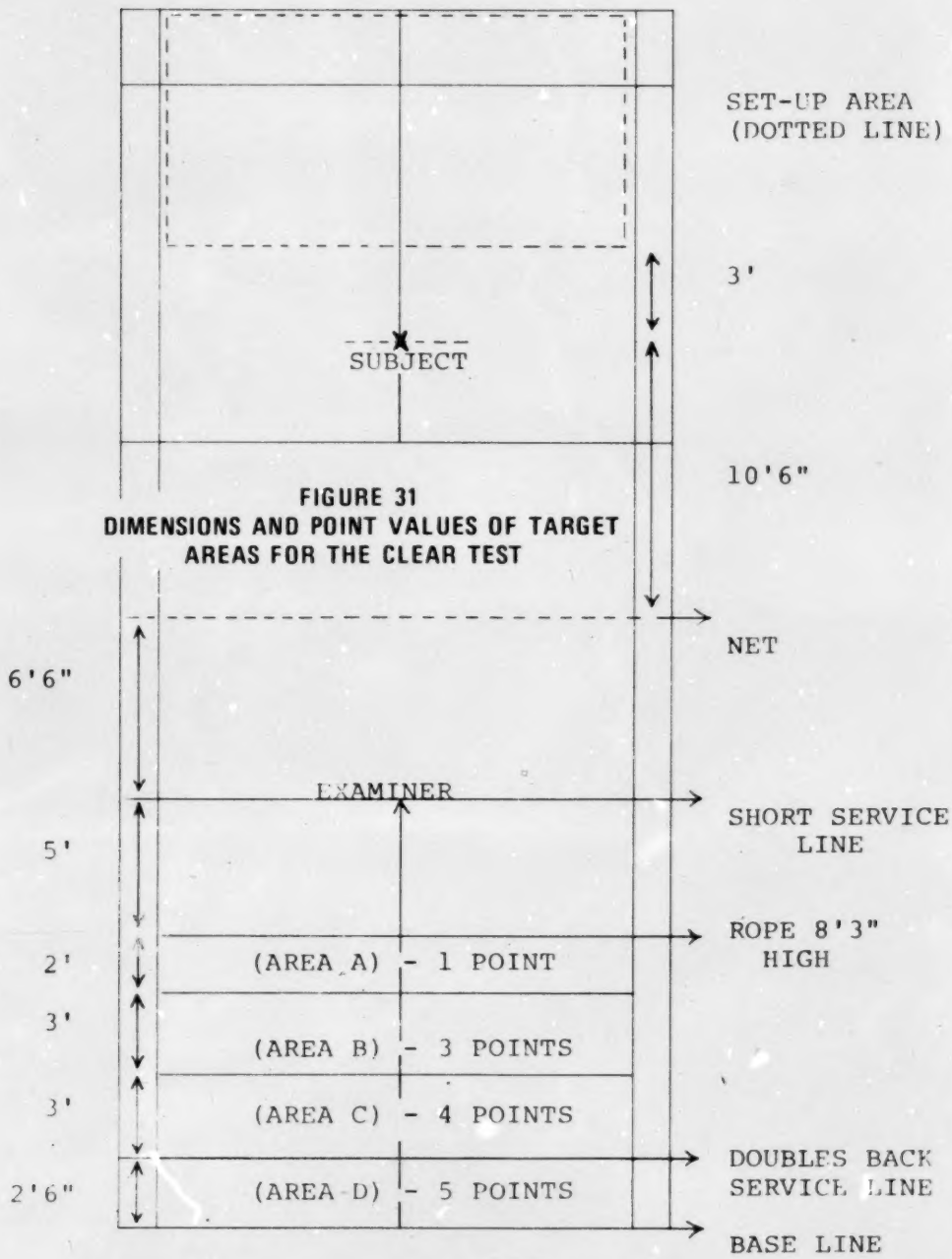


FIGURE 31
DIMENSIONS AND POINT VALUES OF TARGET AREAS FOR THE CLEAR TEST

3. FLOOR MARKINGS
   a. A line drawn 10' from the net and parallel to it on the examiner's side of the net.
   b. A line drawn 13' from the net and parallel to it on the examiner's side of the net.
   c. A line drawn 16'6" from the net and parallel to it on the examiner's side of the net.
   d. A line 2' in from the left singles side boundary line and parallel to it and extended from the short service line to the doubles back service line on the subject's side of the net.
   e. A line 2' in from the right singles side boundary lines and parallel to it and extended from the short service line to the doubles back service line on the subject's side of the net.
   f. A mark on the center service line on the subject's side of the net, 10'6" from the net.
4. TESTING PROCEDURES
   The player being tested stands on the center service line 10'6" from the net. The examiner stands on the intersection of the short service line and the center service line, on the same side of the net as the target areas. The set-up must be high and go into an area beginning 13'6" from the net and extending to the baseline, between the singles side boundary lines. The examiner should hit to the left, the right or middle of the court in a random order. The player should attempt to send the shuttlecock by means of a smash shot between the net and the rope stretched above the net so that it lands in the target area. The examiner should call out the score to an assistant to record after each trial. This same assistant can determine if the shuttlecock goes over the rope. Another assistant can determine if the shuttlecock goes between the net and the rope stretched 36" above it. Twenty trials are administered.
5. SCORING RULES
   a. A shuttlecock which hits the rope does not count, and another trial is allowed.
   b. A shuttlecock which lands on a line dividing two scoring areas receives the score of the higher area.
   c. A score of zero is given for any trial failing to go between the net and the rope stretched 36" above the net.
   d. A score of zero is given for attempting to hit the shuttlecock and missing it.
   e. A score of zero is given for any shuttlecock landing in the side alleys.
   f. A shuttlecock which lands in area A, 10' to 13' from the net, counts 3 points.
   g. A shuttlecock which lands in area B, 13' to 16'6" from the net, counts 5 points.
   h. A shuttlecock which lands in area C, 16'6" to 19'6" from the net, counts 4 points.
   i. A shuttlecock which lands in area D, the back alley, counts 1 point.
   j. A score of zero is given if the shuttlecock is contacted below head level since a drive would result rather than a smash stroke.
   k. If the examiner determines that a set-up is not adequate, it does not count as a trial.

l. A score of zero is given if no attempt is made by the player to hit a valid set-up.

m. A score of 100 points is possible on this test. See Figure 32.

FOOTWORK TEST[1]

1. PURPOSE

To test a player's ability to move quickly and efficiently on the badminton court.

2. EQUIPMENT

Stop watch.

3. FLOOR MARKINGS

a. Draw a line 18" in length extending along the short service line, measuring from the right singles side line toward the center of the court (Area A).

b. Draw a 1 foot square at the intersection of the doubles back service line and the right singles side boundary line. (Area B)

c. Draw a line 18" in length extending along the short service line, measuring from the left singles side line toward the center of the court (Area C).

d. Draw a 1 foot square at the intersection of the doubles back service line and the left singles side boundary line (Area D).

e. Draw a 1 foot square mark 12' from the net on the center service line. Measure out an equal distance in each direction from the 12' mark.

4. TESTING PROCEDURE

The player being tested stands on the center service line at mark X. At a signal given by the examiner (running the stop watch), the player runs to mark A, back to X, to mark B, back to X, to mark D, back to X, and to mark C. This pattern of running is repeated as many times as possible in a period of 30 seconds. Three trials of 30 seconds each are given. A period of at least 5 minutes rest should be given between each trial.

5. SCORING RULES

a. The score for the entire test is the total of the three trials.

b. One point is scored each time the player being tested touches the A, B, C, D, and X marks. No score is given if the mark or box is not touched. See Figure 33.

OVERHEAD DROP SHOT TEST[1]

1. PURPOSE

To test a player's ability to move to the shuttlecock quickly and successfully execute an overhead drop shot.

2. EQUIPMENT

a. Ten new feathered, corktipped, indoor badminton shuttlecocks.

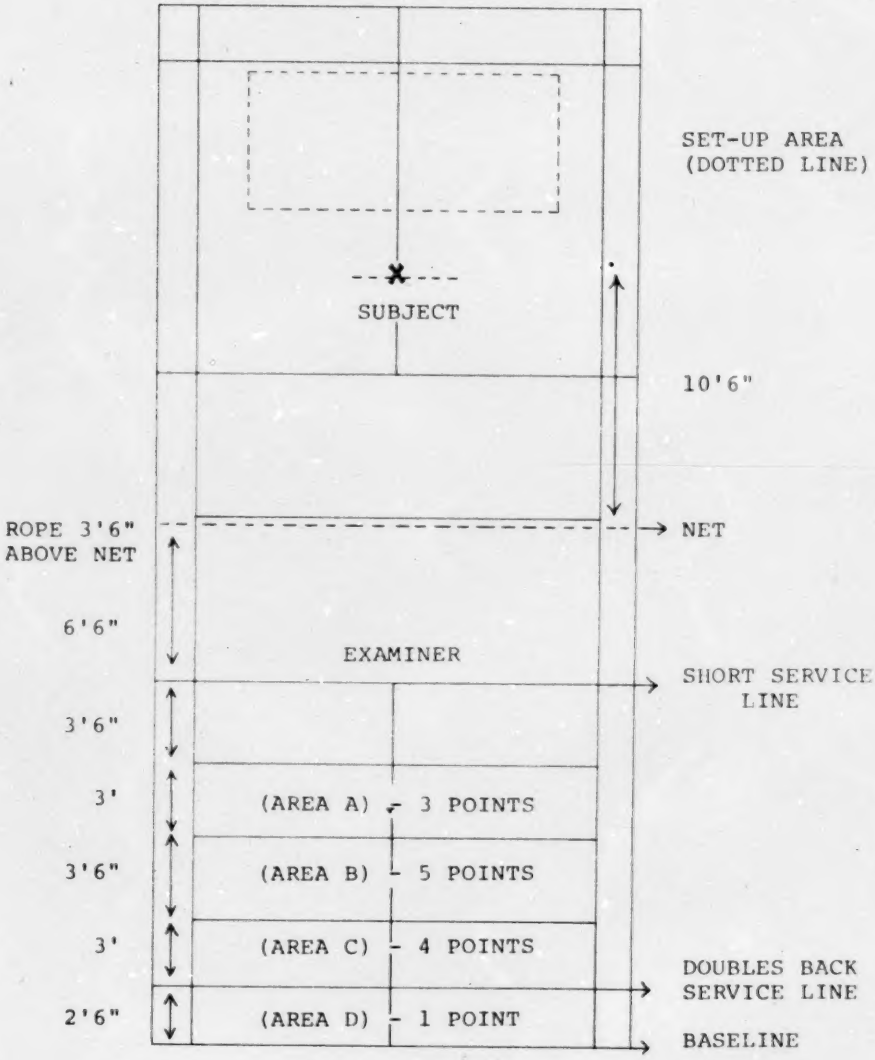
b. A clothesline rope stretched across the court 13'6" from the net and parallel to it on the subject's side of the net at a height of 8'3".

c. A clothesline rope stretched 30" directly above and parallel to the top of the net.

[1]Ibid

FIGURE 32

DIMENSIONS AND POINT VALUES OF TARGET AREAS FOR THE SMASH TEST



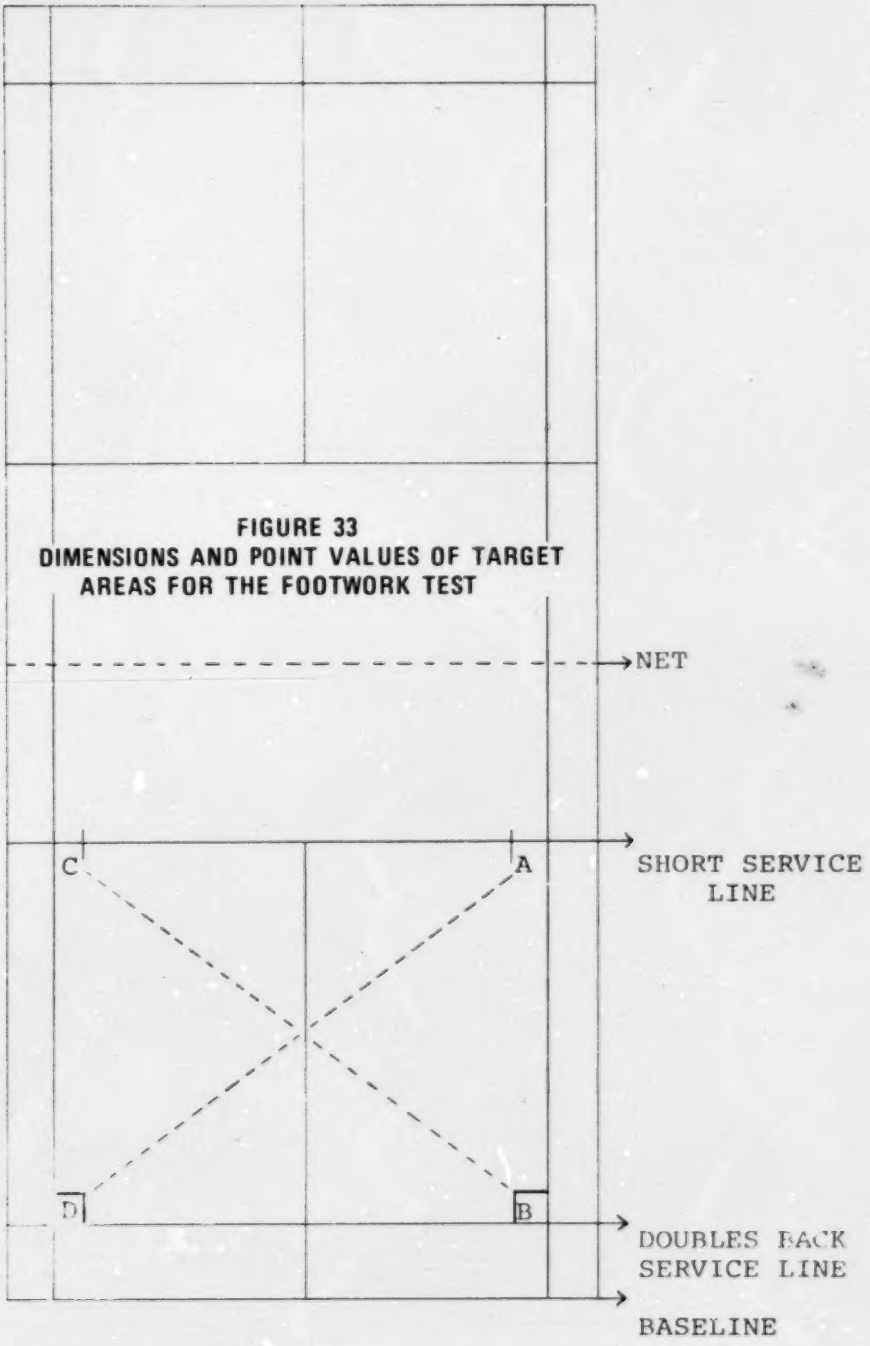


FIGURE 33
DIMENSIONS AND POINT VALUES OF TARGET AREAS FOR THE FOOTWORK TEST

3. FLOOR MARKINGS
   a. A line drawn 5' from the right singles side boundary line and parallel to it on the examiner's side of the net.
   b. A line drawn 5' from the left singles side boundary line and parallel to it on the examiner's side of the net.
   c. A line drawn 8'6" from the net and parallel to it. This line is extended from one singles side boundary line to the other singles side boundary line on the examiner's side of the net.
   d. A line drawn 13'6" from the net between the singles side boundary lines on the subject's side of the net.
   e. A mark on the center service line on the subject's side of the net, 10'6" from the net.

4. TESTING PROCEDURE
   The player being tested stands on the center service line 10'6" from the net. The examiner stands on the intersection of the short service line and the center service line, on the same side of the net as the target areas. The set-up must be high and go into an area beginning 13'6" from the net and extending to the baseline, between the singles side boundary lines. The examiner should hit to the left, the right or the middle of the court in a random order. The player should attempt to send the shuttlecock, by means of an overhead drop shot, above the rope 8'3" high and between the net and the rope stretched 30" above the net so that it lands in the target areas. The examiner should call out the score to an assistant to record after each trial. This same assistant can determine if the shuttlecock goes over the rope and another assistant can determine if the shuttlecock goes between the net and the rope stretched above it. Twenty trials are administered.

5. SCORING RULES
   a. A shuttlecock which hits either of the ropes does not count and another trial is allowed.
   b. A shuttlecock which lands on a line dividing two scoring areas receives the score of the higher area.
   c. A score of zero is given for any trial failing to go over the 8'3" rope and between the net and the rope stretched 30" above the net.
   d. A score of zero is given for attempting to hit the shuttlecock and missing it.
   e. A score of zero is given for any shuttlecock landing in the side alleys.
   f. A shuttlecock which lands in area A, 5' in from the right and left singles side boundary lines and between the net and the short service line, counts 5 points.
   g. A shuttlecock which lands in area B, between the 5' lines in the center of the court and between the net and the short service line counts 3 points.
   h. A shuttlecock which lands in area C, 8'6" from the net and the short service line and between the singles side boundary line, counts 1 point.
   i. A score of zero is given if the shuttlecock is contacted below head level.
   j. If the examiner determines that a set-up is not adequate, it does not count as a trial.

k. A score of zero is given if no attempt is made by the player to hit a valid set-up.

l. A score of 100 is possible on this test. See Figure 34.

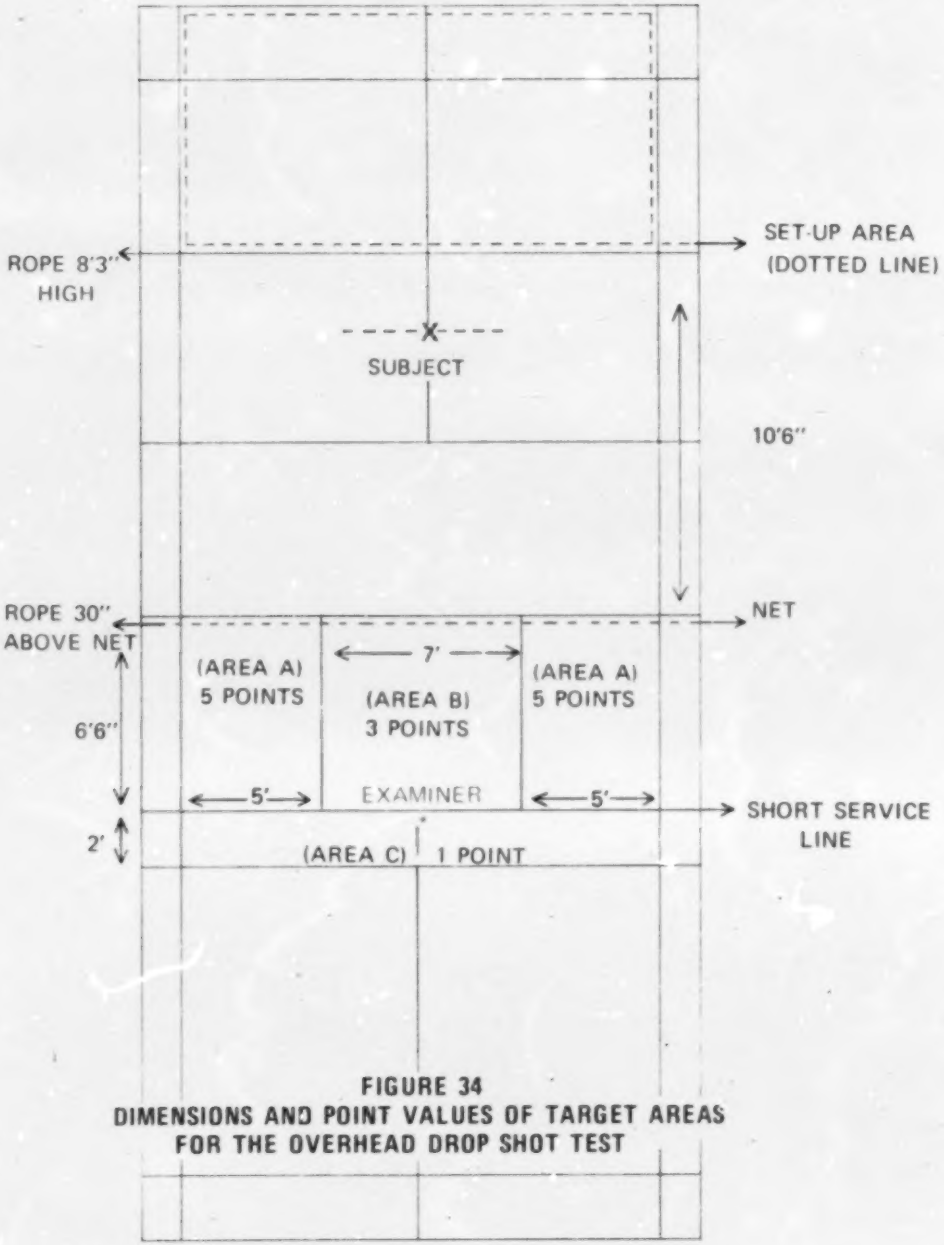


FIGURE 34
DIMENSIONS AND POINT VALUES OF TARGET AREAS FOR THE OVERHEAD DROP SHOT TEST

STRATEGY TEST[1]

1. PURPOSE

   To test a player's ability to move to the shuttlecock quickly and successfully execute the correct shot.

2. EQUIPMENT

   a. Ten new feathered, corktipped, indoor badminton shuttlecocks.

   b. A clothesline rope stretched across the court 11'6" from the net and parallel to it, at a height of 8'3" from the floor on the examiner's side of the net.

   c. A clothesline rope stretched 36" directly above the top of the net.

3. FLOOR MARKINGS

   Same as for the drop shot test, smash test, and the clear test.

4. TESTING PROCEDURE

   The player being tested stands on the center service line 10'6" from the net. The examiner serves, standing on the intersection of the short service line and the center service line, on the same side of the net as the target areas. The set-up must be high and go into an area beginning 13'6" from the net and extending to the baseline, between the singles side boundary lines. The examiner should hit a smash set-up (see smash test) and clear or overhead drop shot set-up (see clear and overhead drop shot tests) in a random order. The examiner should call out the score to an assistant to record after each trial. This same assistant can determine if the shuttlecock goes over the rope. Another assistant can determine if the shuttlecock goes between the net and the rope stretched 36" above it. Twenty trials are administered.

5. SCORING RULES

   a. A shuttlecock which hits either of the ropes does not count and another trial is allowed.

   b. A shuttlecock which lands on a line dividing two scoring areas receives the score of the higher area.

   c. A score of zero is given for attempting to hit the shuttlecock and missing it.

   d. A score of zero is given for any shuttlecock landing in the side alleys.

   e. If the set-up is in the smash area (see smash test) then a smash must be attempted or a score of zero is given. If a smash is attempted, two points are awarded the player even though the stroke is unsuccessful. If the stroke is successful it is given the same score as for the smash test (see Figure 32) plus two points.

   f. If the set-up is in the clear or overhead drop shot area (they are the same) and either of these strokes is attempted, two points are awarded the player even though the stroke is unsuccessful. If the stroke is successful, it is given the same score as for the clear or overhead drop shot test (see clear and overhead drop shot test), plus two points.

   g. If the examiner determines that a set-up is not adequate, it does not count as a trial.

[1] Ibid.

h. A score of zero is given if no attempt is made by the player to hit a valid set-up.

i. A score of 140 is possible on this test. See Figure 35.

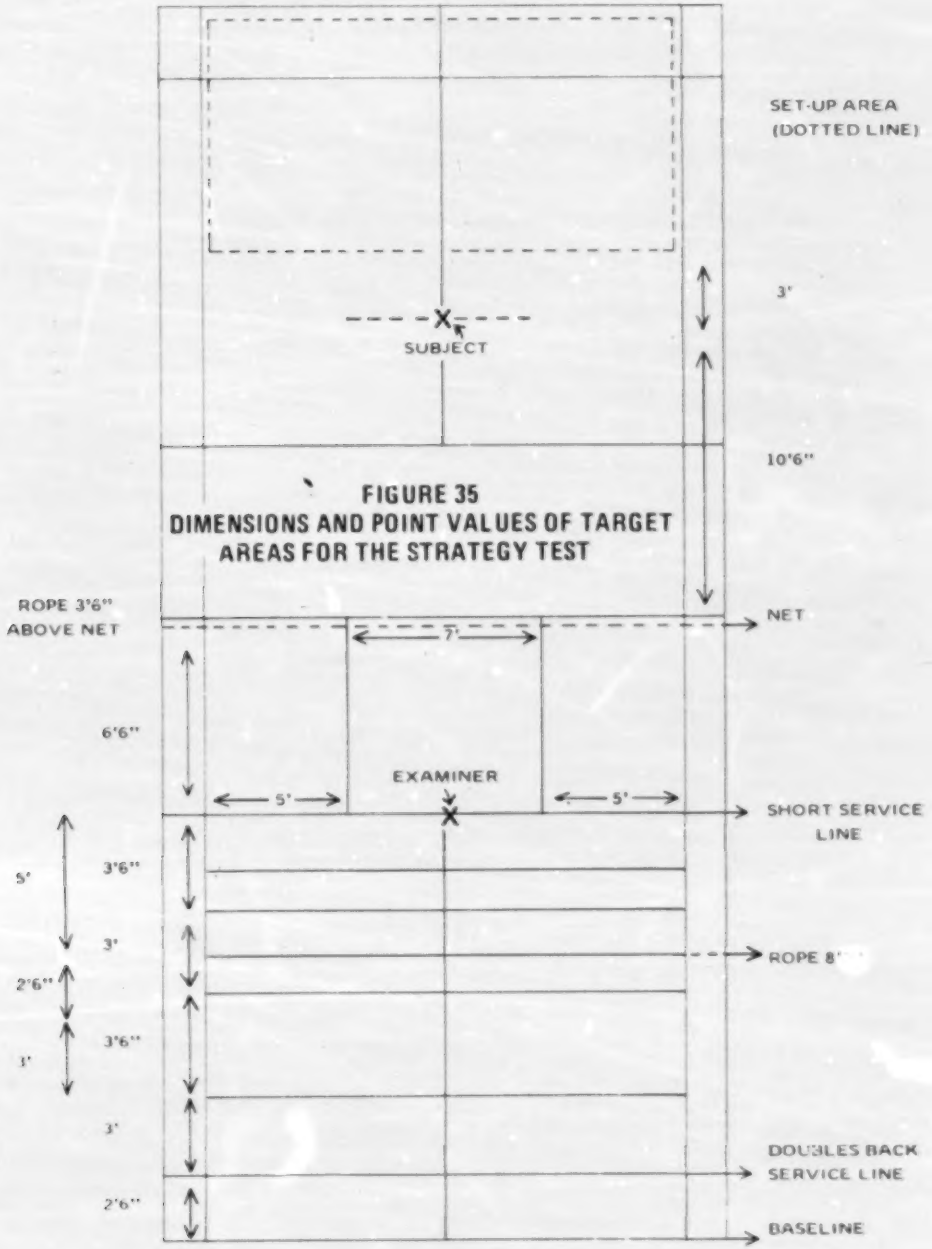


FIGURE 35
DIMENSIONS AND POINT VALUES OF TARGET AREAS FOR THE STRATEGY TEST

Rules and Scoring of Badminton

10

As Adopted by the International Badminton Federation and the American Badminton Association. Reprinted by Permission.

RULES

Court

1. (a) The court shall be laid out as in Figure 36 (except in the case provided for in paragraph "b" of this Law) and to the measurements there shown and shall be defined preferably by white or yellow lines or if this is not possible, by other easily distinguishable lines, 1½ inches wide.

   In marking the court, the width (1½ inches) of the center lines shall be equally divided between the right and left service-courts; the width (1½ inches each) of the short service line and the long service line shall fall within the 13-foot measurement given as the length of the service-court; and the width (1½ inches each) of all other boundary lines shall fall within the measurements given.

   (b) Where space does not permit the marking out of a court for doubles, a court may be marked out for singles only as shown in Figure 37. The back boundary lines become also the long service lines, and the posts, or the strips of material representing them as referred to in Law 2, shall be placed on the side lines.

Post

2. The posts shall be 5 feet 1 inch in height from the floor. They shall be sufficiently firm to keep the net strained as provided in Law 3, and shall be placed on the side boundary lines of the court. Where this is not practicable, some method must be employed for indicating the position of the side boundary line where it passes under the net, e.g., by the use of a thin post or strip of material, not less than 1½ inches in width, fixed to the side boundary line and rising vertically to the net cord. Where this is in use on a court marked for doubles it shall be placed on the side boundary line of the doubles court irrespective of whether singles or doubles are being played.

Net

3. The net shall be made of fine tanned cord of from 5/8" to ¾" mesh. It shall be firmly stretched from post to post, and shall be 2 feet 6 inches in depth. The top of the net shall be 5 feet in height from the floor at the center, and 5 feet 1 inch at the post, and shall be edged with a 3-inch white tape doubled, and supported by a cord or cable run through the tape and strained over and flush with the top of the posts.

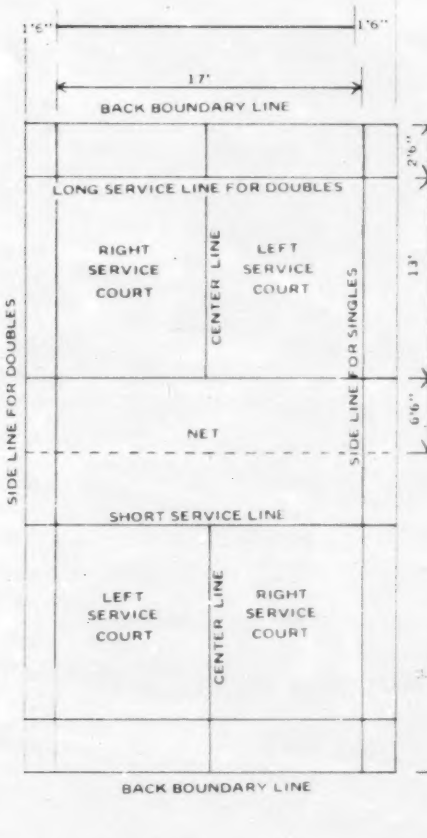


FIGURE 36 - DOUBLES COURT

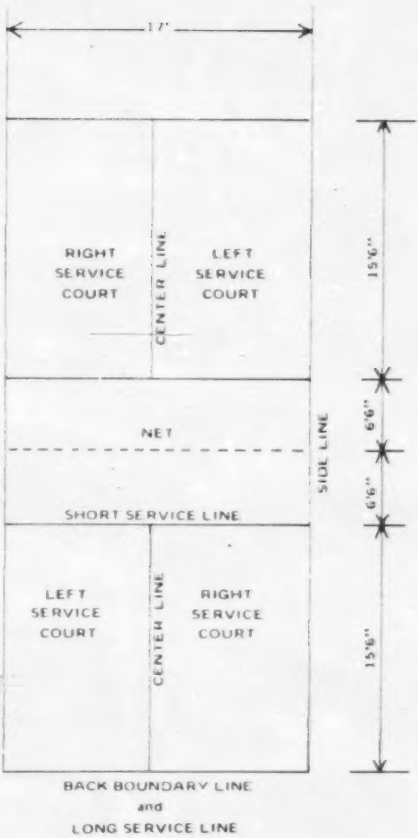


FIGURE 37 - SINGLES COURT

Shuttle

4. A shuttle shall weigh from 73 to 85 grains, and shall have from 14 to 16 feathers fixed in a cork, 1 inch to 1 1/8 inches in diameter. The feathers shall be from 2½ to 2¾ inches in length from the tip to the top of the cork base. They shall have from 2 1/8 to 2½ inches spread at the top and shall be firmly fastened with thread or other suitable material.

   Subject to there being no substantial variation in the general design, pace, weight and flight of the shuttle, modifications in the above specifications may be made, subject to the approval of the National Organization concerned.

(a) in places where atmospheric conditions due either to altitude or climate, make the standard shuttle unsuitable; or

(b) if special circumstances exist which make it otherwise expedient in the interests of the game.

A shuttle shall be deemed to be of correct pace if, when a player of average strength strikes it with a full underhand stroke from a spot immediately above one back boundary line in a line parallel to the side lines, and at an upward angle, it falls not less than 1 foot, and not more than 2 feet 6 inches, short of the other back boundary line.

Players

5. (a) The word "Player" applies to all those taking part in a game.

(b) The game shall be played, in the case of the doubles game, by two players a side, and in the case of the singles game, by one player a side.

(c) The side for the time being having the right to serve shall be called the "In" side, and the opposing side shall be called the "Out" side.

Toss

6. Before commencing play the opposing sides shall toss, and the side winning the toss shall have the option of:

(a) Serving first; or

(b) Not serving first; or

(c) Choosing Ends.

The side losing the toss shall then have choice of any alternative remaining.

Scoring

7. (a) The doubles and men's singles game consists of 15 or 21 points, as may be arranged. Provided that in a game of 15 points, when the score is 13 all, the side which first reached 13 has the option of "setting" the game to 5, and that when the score is 14 all, the side which first reached 14 has the option of "setting" the game to 3. After a game has been "set" the score is called "love all" and the side which first scores 5 or 3 points, according as the game has been "set" at 13 or 14 all, wins the game. In either case the claim to "set" the game must be made before the next service is delivered after the score has reached 13 all or 14 all. Provided also that in a game of 21 points the same method of scoring be adopted, substituting 19 and 20 for 13 and 14.

(b) The ladies' singles game consists of 11 points. Provided that when the score is "9 all" the player who first reached 9 has the option of "setting" the game to 3, and when the score is "10 all" the player who first reached 10 has the option of "setting" the game to 2.

(c) A side rejecting the option of "setting" at the first opportunity shall not thereby be debarred from "setting" if a second opportunity arises.

(d) In handicap games "setting" is not permitted.

8. The opposing sides shall contest the best of 3 games, unless otherwise agreed. The players shall change ends at the commencement of the second game and

also of the third game (if any). In the third game the players shall change ends when the leading score reaches:

(a) 8 in a game of 15 points;

(b) 6 in a game of 11 points;

(c) 11 in a game of 21 points;

or, in handicap events, when one of the sides has scored half the total number of points required to win the game (the next highest number being taken in case of fractions). When it has been agreed to play only one game the players shall change ends as provided above for the third game.

If, inadvertently, the players omit to change ends as provided in this Law at the score indicated, the ends shall be changed immediately the mistake is discovered, and the existing score shall stand.

Doubles Play

9. (a) It having been decided which side is to have the first service, the player in the right-hand service-court of that side commences the game by serving to the player in the service-court diagonally opposite. If the latter player returns the shuttle before it touches the ground, it is to be returned by one of the "In" side, and then returned by one of the "Out" side, and so on, till a fault is made or the shuttle ceases to be "in play" (see paragraph (b)). If a fault is made by the "In" side, its right to continue serving is lost, as only one player on the side beginning a game is entitled to do so (See Law 11), and the opponent in the right-hand service-court then becomes the server; but if the service is not returned, or the fault is made by the "Out" side, the "In" side scores a point. The "In" side players then change from one service-court to the player in the service-court diagonally opposite. So long as a side remains "In", service is delivered alternately from each service-court into the one diagonally opposite, the change being made by the "In" side when, and only when a point is added to its score.

(b) The first service of a side in each inning shall be made from the right-hand service-court. A "Service" is delivered as soon as the shuttle is struck by the server's racket. The shuttle is there-after "In play" until it touches the ground, or until a fault or "Let" occurs, or except as provided in Law 19. After the service is delivered, the server and the player served to may take up any position they choose on their side of the net, irrespective of any boundary lines.

10. The player served to may alone receive the service, but should the shuttle touch, or be struck by, his partner the "In" side scores a point. No player may receive two consecutive services in the same game, except as provided in Law 12.

11. Only one player of the side beginning a game shall be entitled to serve in its first innings. In all subsequent innings, each partner shall have the right, and they shall serve consecutively. The side winning a game shall

always serve first in the next game, but either of the winners may serve and either of the losers may receive the service.

12. If a player serves out of turn, or from the wrong service-court (owing to a mistake as to the service-court from which service is at the time being in order), and his side wins the rally, it shall be a "Let", provided that such "Let" be claimed or allowed before the next succeeding service is delivered. If a player standing in the wrong service-court takes the service, and his side wins the rally, it shall be a "Let", provided that such "Let" be claimed or allowed before the next succeeding service is delivered.

    If in either of the above cases the side at fault loses the rally, the mistake shall stand and the players' position shall not be corrected during the remainder of the game.

    Should a player inadvertently change sides when he should not do so and the mistake not be discovered until after the next succeeding service has been delivered, the mistake shall stand, and a "Let" cannot be claimed or allowed, and the players' position shall not be corrected during the remainder of that game.

Singles Play

13. In singles Laws 9 to 12 hold good except that:
    (a) The players shall serve from and receive service in their respective right-hand service-courts only when the server's score is 0 or an even number of points in the game, the service being delivered from and received in their respective left-hand service-courts when the server's score is an odd number of points. (Setting does not affect this sequence).
    (b) Both players shall change service-courts after each point has been scored.

Faults

14. A fault made by a player of the side which is "In" puts the server out; if made by a player whose side is "Out", it counts a point to the "In" side. It is a fault:
    (a) If in serving, (i) the shuttle at the instant of being struck be higher than the server's waist, or (ii) if at the instant of the shuttle being struck the shaft of the racket be not pointing in a downward direction to such an extent that the whole of the head of the racket is discernibly below the whole of the server's hand holding the racket.
    (b) If, in serving, the shuttle falls into the wrong service-court, (i.e. into the one not diagonally opposite to the server), or falls short of the short service line, or beyond the long service line, or outside the side boundary lines of the service-court into which service is in order.
    (c) If the server's feet are not in the service-court from which service is at the time being in order, or if the feet of the player receiving the service are not in the service-court diagonally opposite until the service is delivered. (See Law 16)

(d) If before or during the delivery of the service any player makes preliminary feints or otherwise intentionally balks his opponent.

(e) If, either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net, or fails to pass the net, or touches the roof or side walls, or the person or dress of a player. (A shuttle falling on a line shall be deemed to have fallen in the court or service-court of which such line is a boundary.)

(f) If the shuttle "in play" be struck before it crosses to the striker's side of the net. (The striker may, however, follow the shuttle over the net with his racket in the course of his stroke.)

(g) If, when the shuttle is "in play", a player touches the net or its supports with racket, person or dress.

(h) If the shuttle be held on the racket (i.e. caught or slung) during the execution of a stroke; or if the shuttle be hit twice in succession by the same player with two strokes; or if the shuttle be hit by a player and his partner successively.

(i) If in play a player strikes the shuttle (unless he thereby makes a good return) or is struck by it, whether he is standing within or outside the boundaries of the court.

(j) If a player obstructs an opponent.

(k) If Law 16 be transgressed.

General

15. The server may not serve till his opponent is ready, but the opponent shall be deemed to be ready if a return of the service is attempted.

16. The server and the player served to must stand within the limits of their respective service-courts (as bounded by the short and long service, the center, and side lines), and some part of both feet of these players must remain in contact with the ground in a stationary position until the service is delivered. A foot on or touching a line in the case of either the server or the receiver shall be held to be outside his service-court. (See Law 14 (c)). The respective partners may take up any position, provided they do not unsight or otherwise obstruct an opponent.

17. (a) If, in the course of service or rally, the shuttle touches and passes over the net, the stroke is not invalidated thereby. It is a good return if the shuttle, having passed outside either post, drops on or within the boundary lines of the opposite court. A "Let" may be given by the umpire, for any unforeseen or accidental hindrance.

(b) If, in service, or during a rally, a shuttle, after passing over the net, is caught in or on the net, it is a "Let".

(c) If the receiver is faulted for moving before the service is delivered, or for not being within the correct service-court, in accordance with Laws 14 (c) or 16, and at the same time the server is also faulted for a service infringement, it shall be a "Let".

(d) When a "Let" occurs, the play since the last service shall not count, and the player who served shall serve again, except when Law 12 is applicable.

18. If the server, in attempting to serve, misses the shuttle, it is not a fault; but if the shuttle be touched by the racket, a service is thereby delivered.

19. If, when in play, the shuttle strikes the net and remains suspended there, or strikes the net and falls towards the ground on the striker's side of the net, or hits the ground outside the court and an opponent then touches the net or shuttle with his racket or person, there is no penalty, as the shuttle is not then in play.

20. If a player has a chance of striking the shuttle in a downward direction when quite near the net, his opponent must not put up his racket near the net on the chance of the shuttle rebounding from it. This is obstruction within the meaning of Law 14 (j). A player may, however, hold up his racket to protect his face from being hit if he does not thereby balk his opponent.

21. It shall be the duty of the umpire to call "Fault" or "Let" should either occur, without appeal being made by the players, and to give his decision on any appeal regarding a point in dispute, if made before the next service; and also to appoint linesmen and service judges at his discretion. The umpire's decision shall be final, but he shall uphold the decision of a linesman or service judge. This does not preclude the umpire also from faulting the server or receiver. Where, however, a referee is appointed, an appeal shall lie to him from the decision of an umpire on questions of law only.

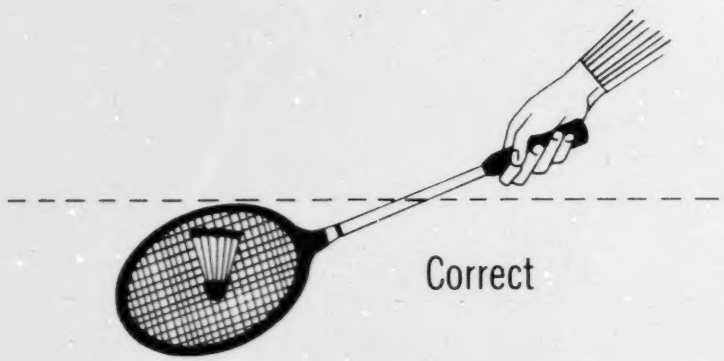
Continuous Play

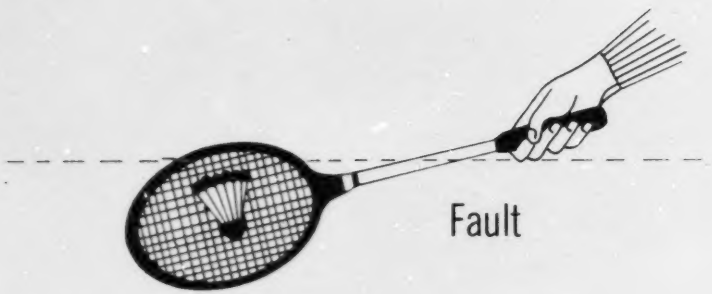
22. Play shall be continuous from the first service until the match be concluded: except that (a) in the International Badminton Championships and in the Ladies' International Badminton Championship there shall be allowed an interval not exceeding five minutes between the second and third games of a match; (b) in countries where climatic conditions render it desirable, there shall be allowed, subject to the previously published approval of the National Organization concerned, an interval not exceeding five minutes between the second and third games of a match, either singles or doubles, or both, and (c) when necessitated by circumstances not within the control of the players, the umpire may suspend play for such a period as he may consider necessary. If play be suspended, the existing score shall stand and play be resumed from that point. Under no circumstances shall play be suspended to enable a player to recover his strength or wind, or to receive instruction or advice. Except in the case of an interval provided for above, no player shall be allowed to receive advice during a match or leave the court until the match be concluded without the umpire's consent. The umpire shall be the sole judge of any suspension of play and he shall have the right to disqualify an offender. (In the U.S., at the request of any player, a five-minute rest period between the 2nd and the 3rd game will be granted, in all events. Such a rest period is mandatory for all Junior Tournaments.)

INTERPRETATIONS

1. Any movement or conduct by the server that has the effect of breaking the continuity of service after the server and receiver have taken their positions to serve and to receive the service is a preliminary feint. For example, a server who, after having taken up his position to serve, delays hitting the shuttle for so long as to be unfair to the receiver, is guilty of such conduct. (See Law 14 (d).)
2. It is obstruction if a player invade an opponent's court with racket or person in any degree except as permitted in Law 14 (f). (See Law 14 (j).)
3. Where necessary on account of the structure of a building, the local Badminton Authority may, subject to the right of veto of its National Organization, make by-laws dealing with cases in which a shuttle touches an obstruction.

LAW 14(a) - DELIVERY OF SERVICE





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